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COHASSET MARINER

Friday, January 23, 2015

Cohasset.WickedLocal.com

Vol. 36, No. 5 ■ \$2

WHAT'S INSIDE

OPPOSITION SURFACES

PAGE A4



Selectmen continue hearing to February 3

By Erin Dale
edale@wickedlocal.com

Rick Curtis is concerned that the Cohasset portion of Route 3A (Chief Justice Cushing Highway) could

turn into the "liquor mile" if a liquor license transfer to a building on that road is approved.

Between his business, Curtis Liquors, a potential new operation across the street, and another liquor store farther up the road, it could turn into too much

of a good thing, said Curtis. "Cohasset has less than 8,000 people; to have three license holders within a hundred yard radius doesn't work, but call me old-fashioned."

Curtis, who has owned and operated Curtis Liquors at 790 Chief Justice Cushing

Highway since 1989, said in a phone call Wednesday that when he heard Cohasset Wine and Spirits might open up shop across the street, he "thought it was just a fabrication."

While believing that "competition is healthy," the idea of a 900 square-foot

shop at 807 Chief Justice Cushing Highway trying to compete with his 15,000 square-foot discount store across the street is "just not good business," said Curtis. The smaller store won't "be able to have the variety

SEE LIQUOR, A5

MLK DAY BREAKFAST

PAGE B5

READERS CHOICE

Let the balloting begin for the 2015 Readers Choice Awards. Readers Choice Awards is a chance for you to share your favorite local places, services and businesses. Over the next several weeks, you will be able to nominate your favorites in more than 70 categories through ballots in the Mariner and on online.

Write in your choice of the BEST for the categories on this year's ballot, which you can find on Page B5. You can also vote online at: wickedlocalfavorites.com. All votes must be received by 5 p.m. on Feb. 11.

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HEALTHY LIVING

PAGE B12



DISHING IT OUT

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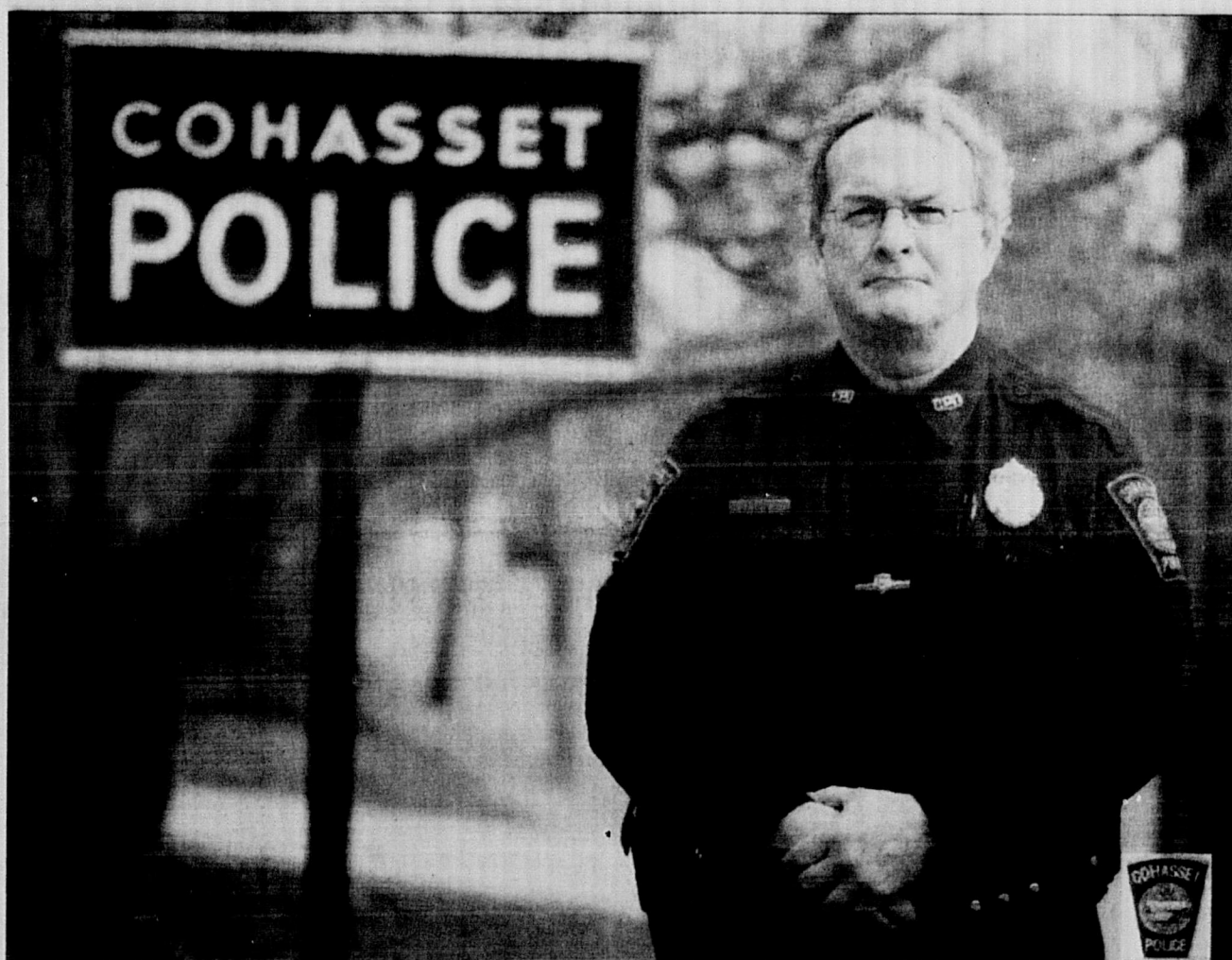
ROADS: What streets are the worst in town?

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RETIREMENT



Officer Patrick Kenney retired this month after nearly 10 years of serving in Cohasset. COURTESY PHOTO

'A real people-person'

Kenney embodied community policing

By Erin Dale
edale@wickedlocal.com

Of all the stories a police officer has to tell after a decades-long career, one wouldn't necessarily think of a bat incident as a highlight.

But it's a story retired Cohasset

police patrolman Patrick Kenney clearly has fun recalling.

While his former job as a detective in Milton offered plenty of "serious" challenges, Kenney said that the "exciting stuff" in his long policing career always involved animals.

"I'm a city kid - I'm scared to death of animals," said Kenney, a West Roxbury native who lives in Quincy. Once, when called to a scene in which a bat was inside a

home, "I went to the house, shut all the lights off, stood outside," and waited for the creature to fly out. Another "fond" remembrance: chasing a snake around a house.

These may not have been the toughest days on the job, said Kenney, "but it's the little things people appreciate."

He may not be an animal person, but at least Kenney has been

SEE RETIREMENT, A11

COMMITTEES

Status: Inactive

Economic Development 'in limbo'

By Erin Dale
edale@wickedlocal.com

The town's Economic Development Committee needs just that - a committee, according to officials.

The committee's current inactive status came up during Tuesday night's Board of Selectmen meeting when, during a discussion on various town committees, selectmen chair Diane Kennedy identified the committee as one that is "very much in limbo."

Selectman Karen Quigley said there was "at least one person appointed" to the committee, who was "very anxious to become involved." However, the board is unsure of where exactly the committee stands.

Selectman Kevin McCarthy suggested the selectmen recharge the committee.

"I think we definitely need a committee and a charge. It's a great resource," said McCarthy, adding, "Economic development is one of the things this town lacks."

The issue came up earlier in the meeting during a liquor license hearing, after the board learned that Cohasset Wine and

SEE ECONOMICS, A5

HONORED

Memorial Day dedicated to Wigmore

By Erin Dale
edale@wickedlocal.com

It may seem a little early to start planning for Memorial Day in January, but in Cohasset, the veterans' remembrance gets a weeklong treatment featuring not just a parade, but town-wide ceremonies and events, musical performances, and a spectacular display of 500 flags in the Healing Field.

The event is run each year by Tom Wigmore, Adjutant for the Sons of the American Legion Post 118, along with his wife Deirdre, who heads the Women's American Legion Auxiliary. With all of the work the pair puts in for veterans on Memorial Day and year-round, it's no surprise that officials want to dedicate this year's parade to Wigmore.

For decades, the town's Memorial Day traditions

have gone off without a hitch. Wigmore, 50, told the Mariner last May that he has been helping his father, Steve, with the festivities "since I was a little kid."

A routine meeting with the Board of Selectmen on Tuesday night seeking a vote to approve the week of events, starting on May 23, turned emotional when

SEE WIGMORE, A8



Tom Wigmore tends to one of the many squares in town dedicated to the memory of a serviceman lost in wartime. WICKED LOCAL PHOTO BY ROBIN CHAN

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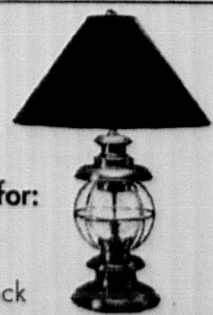
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What You Should Know About Financial Aid

By J. Keith Motley, PhD, UMass Boston Chancellor

As a parent and educator, I know that applying for financial aid to help pay for college can seem challenging.

At UMass Boston, we award more than \$154 million in financial aid annually to our students. Our staffers are experts on financial aid and on how to apply for assistance, so I thought I'd pass along some of their tips:

The Free Application for Federal Student Aid (FAFSA) is now available for students applying for financial aid for fall 2015. The FAFSA is the first step in applying for financial aid from all sources: federal, state, and institutional funds. Complete it online at www.fafsa.ed.gov.

Completing the FAFSA is free, but you will need to electronically sign the application using a federal PIN number. Apply for your PIN early at www.pin.ed.gov.

The FAFSA provides colleges and universities with the information they need to determine your eligibility for grants and waivers (free money), student loans (money that must be repaid), and federal work-study (money a student earns working part-time on campus). You can complete just one FAFSA and have it sent to as many schools as you like; UMass Boston's school code is 002222.

Filing the FAFSA has become a little easier: An IRS Data Retrieval Tool (DRT) allows you to pull financial information into the FAFSA directly from the Internal Revenue Service. To use this tool, you must wait two weeks after filing your federal tax return electronically, or six to eight weeks if you are filing by mail. To use DRT, you must be eligible for a tax refund, with a tax filing status of single, married filing jointly, or head of household.

UMass Boston requires only the FAFSA. Other colleges and universities, however, may also ask for a CSS Profile Application, which requires a fee. Check the financial aid websites at each school.

To receive the maximum aid available to you, it is important that you submit the FAFSA by the school's deadline. UMass Boston's priority deadline is March 1 for new students. You should not wait for an admission decision before applying for financial aid. Submit your FAFSA before March 1!

Upon receiving your FAFSA, the Financial Aid Services Office will provide you with a financial aid award letter that details the types and amount of aid you are eligible to receive. Your awards may include student loans, which you are not required to accept. If you don't need some or all of a loan, you should decline it. Declining even a small portion of your loan offer will make a big difference in your monthly loan repayment upon graduation.

For help with the FAFSA, be sure to take advantage of FAFSA Day, January 25 and February 22, at 1 p.m. Financial aid experts will be available at locations across the state to provide free assistance in completing the FAFSA. Visit <http://www.fafsaaday.org/locations.php> to find a site near you.



www.umb.edu

PICTURE THIS



The Cohasset Mariner caught up with Second Congregational Church pastor, Rev. Gary Ritts, at the church this week. The church hosted Monday's Dr. Martin Luther King Jr. Day breakfast. If you see Gary around town, be sure to mention that you spotted him in Picture This! PHOTO / ERIN DALE

Rev. Gary Ritts

Name: Gary A. Ritts
Occupation: UCC Minister.

Best day of your life: Judy's and my wedding day and that little café along Rt. 22 in Ohio.

Best vacation: Sabbatical 1993 to study Native American Spirituality.

Favorite season: Fall.
Favorite holiday: Christmas and Easter and their special services.

Favorite junk food, meal or dessert: Reeses, chips

and dips, pie.

Best book: "Mr. God, This Is Anna," by Fynn; "I and Thou" by Martin Buber.

Best movie or actor: "The Wizard of Oz" and "A Christmas Carol" (any version).

Best TV show: Any movie channel.

Best music, group or artist: Any kind with unique harmonies.

Pet peeve: Narrow-minded, judgmental types.

Most embarrassing

moment: My surprise [joint] 60th birthday party with my good friend Ed Lappen, thrown by our wives!

Person you would most like to meet: My grandchildren.

Goal: To enjoy a long retirement with Judy.

Biggest worry: Maintaining physical health.

Best part of Cohasset: Friends who are loyal, compassionate and fun!

COHASSET ELDER AFFAIRS

Valentine's Day Tea planned

The following programs will take place at 3 North Main St. Call Cohasset Elder Affairs at 781-383-9112 if interested in attending events and activities or for more information.

Wednesday, Jan. 28, 11 a.m. **FEAR OF LOSING INDEPENDENCE**, presented by Hahn Home Healthcare. Jennifer Nosalek will talk about how to balance what everyone wants with what they may need. Those who are interested are welcome to stay for lunch after the program.

Mondays, noon, starting Feb. 2. **"Downton Abbey."** Wondering what all the conversation is about? Cohasset Elder Affairs will show this PBS series, beginning from season one through season four. Two episodes will be shown each week (with the exception of Feb. 16). Bring lunch.

Tuesday, Feb. 10, 4 p.m. **CAREGIVER PRESENTATION.** Kim Bennett from Visiting Angels will give tips to help manage dementia. Learn to make loved ones feel less anxious, as well as techniques for effective communication.

Wednesday, Feb. 14, noon. **VALENTINE'S DAY TEA.** Sponsored by the Social Service League and the Friends of Cohasset Elder Affairs, at Willcutt Commons (Cohasset's new senior center), 91 Sohier St. Make a reservation no later than Feb. 6.

Ongoing Programs

Line Dancing: Tuesdays, 1:30 to 2:30 p.m. Three North Main Street. Beginner to Beginner plus. Helps posture and balance, improves memory skills and confidence. Drop-ins welcome. Fee is \$5.

SIT TO GET FIT: Thursdays,

10 to 11 a.m. Improve upper and lower body strength, flexibility and coordination from the comfort of one's chair. Fee is \$5.

SECOND FRIDAY BOOK CLUB: 10:30 a.m. to 12:30 p.m. Discussion, coffee and refreshments. Leaders are Addie McGrath and Sandra Murray.

KNITTING: Drop in. Learners are welcome. Fridays from 1 to 3 p.m. Leader: Edna Finegan. Fee is \$3.

Transportation

■ Cohasset Elder Affairs offer door-to-door van service to the following:

■ Around Town Route 3A: Mondays, 1 to 3 p.m. Stops, as requested, at Buttonwood Books, Supercuts, Bank of America, Rockland Trust, Walgreen's, CVS, Hingham Lumber, Old Colony shops, Aubuchon, etc.

■ Shaw's: Tuesdays, at 1 p.m.

■ Cohasset Train Station: Wednesdays, drop off for 9:04

a.m. train; pickup for 3:08 p.m. return.

■ Wal-Mart/Hanover Mall: Wednesdays, at 9:30 a.m., return at 11:30 a.m.

■ Around Town (downtown Cohasset): Thursdays, 9:30 a.m.

■ Stop & Shop: Fridays, 9:30 a.m.

■ Trader Joes/Marshall's: Second Friday of the month, 9:30 a.m.

■ Derby Street Shoppes: Third Friday of the month, 9:30 a.m., return 11:30 a.m.

■ Christmas Tree Shop: Fourth Friday of the month: 9:30 a.m.

Call 781-383-9112 at least 24 hours in advance for transportation. For out-of-town trips, a voluntary donation of \$5 is requested.

COHASSET ELDER AFFAIRS LUNCH PROGRAM

LAUNCH: Lunches provided by celebrity chefs and local restaurants, at noon, on Tuesdays, Wednesdays and Thursdays. Call 24 hours ahead for reservations and/or transportation.

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South Shore Tide Chart
COHASSET HARBOR (WHITE HEAD)

JAN. 2015	HIGH				LOW				SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday 22	12:04	9.9	12:20	11.0	6:02	-1.2	6:35	-2.0	7:05	4:44
Friday 23	12:54	10.2	1:12	10.9	6:54	-1.3	7:24	-1.8	7:04	4:45
Saturday 24	1:45	10.2	2:05	10.5	7:47	-1.2	8:15	-1.5	7:03	4:46
Sunday 25	2:38	10.1	3:01	9.9	8:42	-0.9	9:08	-1.0	7:03	4:48
Monday 26	3:33	9.9	3:59	9.3	9:40	-0.5	10:04	-0.4	7:02	4:49
Tuesday 27	4:30	9.7	5:02	8.8	10:41	-0.2	11:02	0.1	7:01	4:50
Wednesday 28	5:31	9.4	6:07	8.3	11:44	0.1			7:00	4:51
Thursday 29	6:33	9.2	7:13	8.1	12:03	0.5	12:50	0.2	6:59	4:53

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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PHOTOS



Lego Club at Paul Pratt Library

VIDEO

► Siam in Hanover (also see page, B12)

BLOG: WILD ABOUT BIRDS

► Pam French, owner of Wild Birds Unlimited, has the word on birds.

HOW TWEET IT IS

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MOST POPULAR STORIES

- CHS students learn broad-casting basics
- Police chief search costs \$13.7K
- Town Manager says finances are in good shape
- Important job openings at Town Hall
- Chain-reaction crash at MBTA Route 3A lights

POLICE BEAT

Scituate driver charged after allegedly leaving scene of crash

By Mary Ford
mford@wickedlocal.com

A 50-year-old Scituate woman is facing drunken driving charges after she left the scene of a single-car motor vehicle accident last Thursday night (Jan. 15).

Police were called to a crash involving a damaged, 2009 Toyota Venza and upon arrival found the car that had hit a wall at Atlantic Avenue and Howard Gleason Road had been abandoned. There was an open bottle of vodka in the car and beer, police said.

Investigation led police to a home on Stockbridge Street where they located the woman who had allegedly been driving.

Placed under arrest was Tracy L. Barrow, 50, of 109 Booth Hill Road, Scituate. She was charged with operating under the influence of alcohol; negligent operation; leaving the scene of a motor vehicle crash after causing property damage; and failure to stay in marked lanes.

Police also said that Norwell police had been looking for Barrow after they responded to a disturbance on Judge's Hill Road that night in that town. Upon arrival the Toyota Venza had left the scene, police said.

Phone call

An 88-year-old Cohasset woman reported to police last week that she had received a suspicious phone call from a man posing as her son and asking questions about when she would be going away. She realized the caller was not her son and did not provide any personal information. She ended the call and notified police.

Sign mishap

The box of a Cohasset ambulance clipped a diamond-shaped pedestrian sign near 106 S. Main Street on Monday (Jan. 12). The sign was knocked

down, the pole was not damaged and there was very minor damage to the top of the ambulance box, police said.

Suspended license

An officer on patrol on Monday afternoon (Jan. 12) was traveling behind a 2009 Toyota Camry whose plate was not well attached. A check through the Registry of Motor Vehicles on the license plate revealed the registered owner's license was suspended. The officer stopped the car and confirmed the driver, a 24-year-old Weymouth woman, was the owner. She is being summonsed to Quincy District Court for operating after license suspension. A male passenger, who is 26 and from Scituate, took control of the car so it was not towed, police said.

Warrant

Police arrested Elizabeth A. Steratore, 47, of 446 Beechwood St., on Tuesday morning (Jan. 13) on an outstanding warrant from Hingham District Court for motor vehicle offenses.

Suspended license

A 51-year-old Bradford, Mass., man was arrested for operating after license suspension for OUI on Tuesday (Jan. 13), after an officer on patrol spotted a car in a remote section of the Stop & Shop parking lot that seemed suspicious.

The officer spotted the 2003 Chevrolet Monte Carlo with two men inside and followed it as it exited the plaza. He ran the plate that showed the registered owner's license had been suspended for OUI, police said. The officer stopped the car on Chief Justice Cushing Highway (Route 3A) by lower King Street and confirmed the driver was the owner and had an active default warrant. Arrested was Luigi Fusco of 6 Forest Acres Dr. in Bradford. The

passenger took possession of the vehicle.

Parking lot MVA

A 28-year-old Scituate man reported to police last Wednesday (Jan. 14) that his 2003 Toyota Camry, which was parked at the Harborview Nursing Facility off Chief Justice Cushing Highway (Route 3A) was apparently backed into as his bumper was cracked.

Larceny

Detectives are investigating the reported larceny of \$2300 from a local liquor store by a former assistant manager. The owner notified police last Wednesday (Jan. 14). The suspect is a 43-year-old Weymouth man.

Fire lanes

Police have been cracking down by ticketing those who are parking in fire lanes. They responded to a complaint last week about a car parked in the fire lane in the parking lot of the Paul Pratt Memorial Library. They also issued a bunch of tickets to cars parked in the fire lane around the upper circle at the middle-high school. The fine for parking in a fire lane is \$25, police said.

Rear-end MVA

A 2015 Ford Expedition, operated by a 49-year-old Scituate woman, was stopped at the red light on Chief Justice Cushing Highway (Route 3A) at Beechwood Street, when the SUV was hit from behind by a 2009 Toyota Camry. The operator of the Camry, a 58-year-old Marshfield woman, was cited for following too closely on a state highway. Both vehicles were headed south. There were no injuries and neither vehicle was towed, police said.

Expired license

An officer on patrol queried the plate on a 2012

Hyundai Sonata on Elm Street by Brook Street on Thursday afternoon (Jan. 15) that showed the owner's license was expired.

The 21-year-old Cohasset man, who is the registered owner and was driving, is being summonsed to court on the charge of operating without being properly licensed. He called his brother who took possession of the car so it was not towed, police said.

Threats

A 52-year-old Hingham woman who works in town reported to police on Thursday (Jan. 15) that she had had an argument with a co-worker who told her to "watch her back." She later provided a written statement about the incident and was advised to also report the matter to Hingham police.

Diamond missing

A 68-year-old Cohasset woman notified police on Jan. 16 that the diamond valued at \$10,000 was missing from her wedding band.

Warrants

At 12:51 a.m. on Sunday (Jan. 18), an officer questioned a 20-year-old Scituate man who was walking toward Scituate along Chief Justice Cushing Highway near Pond Street. Further investigation revealed there were two warrants for his arrest.

Arrested on the warrants was Thomas J. Woods of 133 Booth Hill Road. The warrants out of Hingham District Court were for assault and battery through the Hull police and for being a minor transporting alcohol (Scituate police).

FIRE DEPT.

Facts about burning permits

1 The 2015 Open Air Burning Season started on Thursday, Jan. 15, and will close on Friday, May 1.

2 Residents must obtain a permit to burn during the season, and register their permit number each day they wish to burn when burning is being allowed.

3 The Fire Department uses a web-based system (cohassetma.org) for residents to obtain and register their burning permit for the season. Once on the website, select the Burn Permit

Registration and fill out the registration form and submit the \$10 fee via credit card. Once payment has been received the system will generate a permit number to use for the entire 2015 Open Air Burning Season.

4 Residents wishing to burn need to check the Town website (cohassetma.org) and select Check to see if burning is allowed and activate one's permit. This selection will say if burning is being allowed for the day and will allow residences to register their permit number for the day.

MARK YOUR CALENDAR

O'Donnell to speak on real estate

Norfolk County Register of Deeds William P. O'Donnell will be the guest speaker for the Plymouth and South Shore Association of Realtors Inc. at 10 a.m., on Tuesday, Feb. 3, at the PASS central office, 48 Schoosett St., Route 139, Pembroke.

O'Donnell will speak on subjects that are of interest to Realtors and homeowners, including the most recent changes in the Homestead Law and the current national scam that is taking place with regards to paying an artificially exorbitant price for a deed, instead of paying a few dollars at the local Registry.

The Register will also discuss the historical nature of the Registry - some documents dating all the way back to 1793 - and his ongoing efforts to modernize and

computerize the millions of land records in its operations.

After the presentation, the Register will demonstrate how the Registry's On-Line Land Records Database works by giving PASS members the opportunity to look up documents or print a copy of their deed.

As part of his Registry of Deeds community outreach initiative, O'Donnell offers these online services to both residents and businesses interested in researching Norfolk County registry information.

To learn more, like the Registry on facebook.com/NorfolkDeeds or follow on Twitter @NorfolkDeeds. Norfolk County Registry of Deeds is at 649 High St., Dedham, and is the principal office for real property in Norfolk County.

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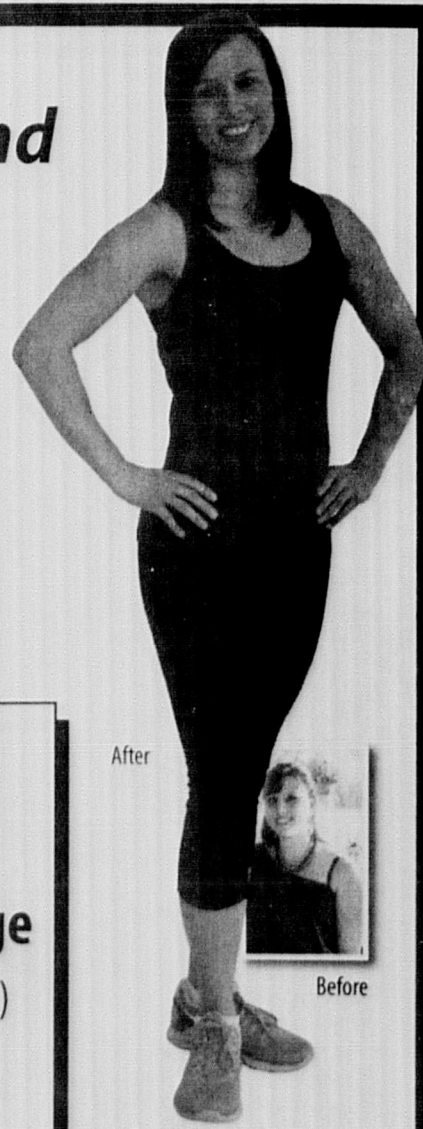
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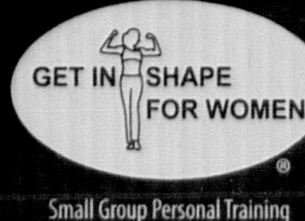
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STAFF PHOTOS BY ROBIN CHAN

Honoring Dr. Martin Luther King Jr.

The 13th annual Dr. Martin Luther King Jr. Breakfast took place on Monday, Jan. 19, at the Second Congregational Church of Cohasset, Bates Hall.

Honored guest and keynote speaker was Boston City Councilor Tito Jackson.

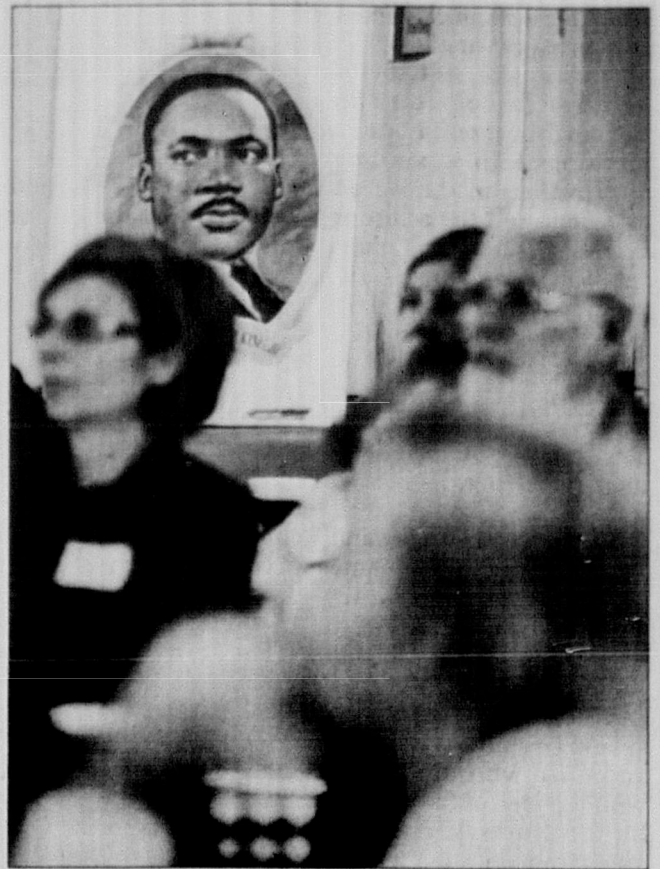
This annual event is jointly sponsored by the Cohasset Clergy and the Cohasset Diversity Committee.



Stefenie Thieleman chats with city councilor Tito Jackson who was lamenting the fact that Boston still does not have a school superintendent.



Chartis Tebbetts meets Tito Jackson while his aide, Justin Brown, looks on.



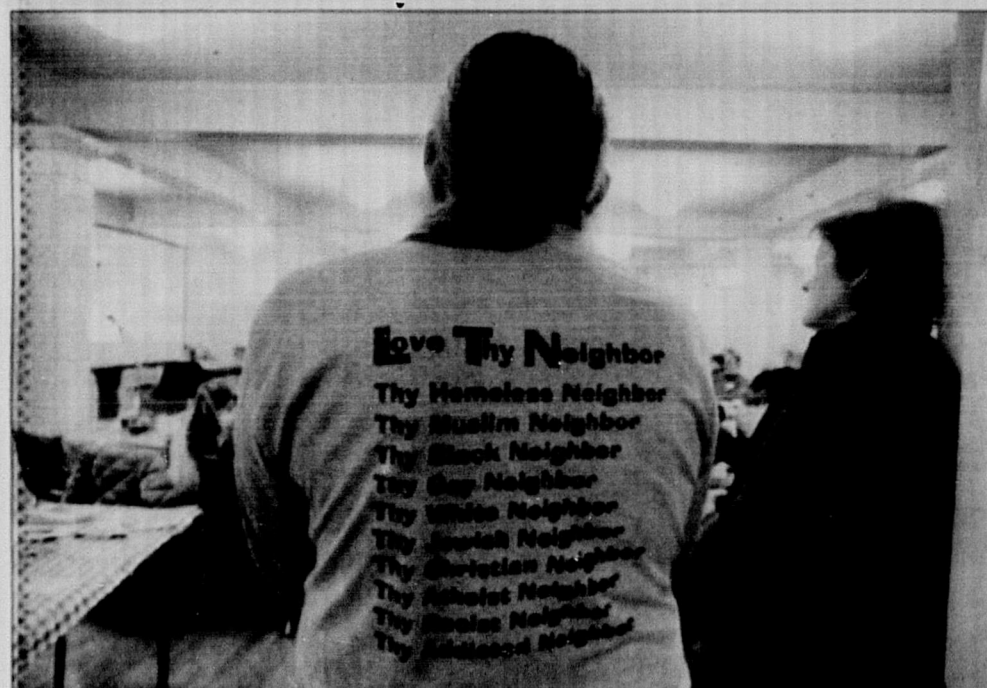
A portrait of Dr. Martin Luther King Jr. is seen looking over Cohasset residents who gathered to honor his life.



The Rev. Gary Ritts embraces Stephanie Hudson after she read a condolence letter that honestly revealed the author's prejudice against their interracial family after her black husband, Bryan, died from cancer two months ago. The author is a Cohasset resident and Stephanie read the letter to show that racism still occurs in their backyard.



Judy Ritts chats with Mary and Ron Goodwin at Second Congregational Church where Judy's husband, Gary, is the pastor.



David Bigley of Cohasset wears a t-shirt with a message about love during the annual Dr. Martin Luther King Jr. pancake breakfast while they watch a YouTube clip of Dr. Martin Luther King Jr.



Ava Coffey, 6, reads about the life of Dr. Martin Luther King Jr.



Paul Corbett and his wife, Eileen, share a laugh with Kevin McCarthy during the Dr. Martin Luther King Jr. pancake breakfast.



Hilton Hudson, 10, grabs some pastries.

LIQUOR

From Page A1

and different skews I carry," said Curtis. "I just don't see how people are going to choose to go across the street for a six pack of beer or a bottle of wine."

So far, the notion of another liquor store in the neighborhood is still a mere possibility, pending approval from the Board of Selectmen for a liquor license transfer from Cohasset Wine and Spirits' old location (27-29 South Main Street) to 807 Chief Justice Cushing Highway. The purchase and sale agreement for the highway property is contingent upon the selectmen approving the license transfer.

The managers, Debra and Joginder 'Jogi' Sajjan, came before the selectmen during a public hearing Tuesday night with their attorney, Robert Galvin.

After hearing from several residents in the audience who took issue with the idea of having two liquor stores across the street from one another, the selectmen voted to take the matter under advisement and continue the hearing to the Tuesday, Feb. 3 meeting at 7:10 p.m.

Melissa Coveney, Ox Pasture Lane, said that she was "not in favor at all of an additional liquor license being granted at that particular place in town," with so many existing liquor stores in the area. "It doesn't make logical sense."

Selectmen chair Diane Kennedy explained that this would not be an additional license, however, but a transfer of an existing license. However, an approval could necessitate an "alteration in premises" for the location, which would require state approval.

While the Sajjans hope to open up shop in the new location, a former optometrist's office, Galvin said they ultimately hope to demolish the Cape-style building and erect a 3500 square foot store in its place.

"It's a very old building; it needs to come down," said Galvin.

The Sajjans found themselves without a home for Cohasset Wine and Spirits when their lease was not renewed after a year, Galvin said, forcing them to look for another location in town. The Sajjans also operate a liquor store in the Brant Rock section of Marshfield.

Chris Ford, the Sajjans' former landlord in Cohasset, said in a phone call Wednesday that the move out of his building was a "mutual departure."

The Sajjans "acquired the business from a previous owner; we agreed on a one-year lease," said Ford, adding that there has been a liquor store at the South Main Street location since around the 1930s; before that, it was a general store. When the space became available last fall, athletic apparel retailer Outside In moved in.

"They've done a wonderful job and have really maximized and made good use of the space," Ford said of his new tenants. However, the landlord said he sympathizes with those who are sad to see the liquor store go.

"I know a lot of people are disappointed to see them lose their village location," said Ford, adding that he hopes someone else will acquire a beer and wine license and open up a similar store downtown.

"There has always been a liquor store there," Cohasset Building Inspector Bob Egan said in a phone call Wednesday, who said he planned to meet with Jogi later that week. "I think a lot of people would like to be able to buy a bottle of wine downtown."

"I feel bad for Jogi that he was displaced from downtown," said Curtis. "It's really where he belongs... Small stores exist because they find a little niche."

Galvin said his clients "would have loved to stay in

After hearing from several residents in the audience who took issue with the idea of having two liquor stores across the street from one another, the selectmen voted to take the matter under advisement.

the village but unfortunately nothing was available."

The couple obtained a purchase agreement for a property on Brook Street that "would have been the perfect location," however the seller decided on another use for the building and the Sajjans lost their lease.

They ended up landing on the property not far from Curtis Liquors. Galvin chalked it up to a "scarcity of commercial property" in town. "On 3A, there's hardly anything."

The attorney asked Tony Vacca of Jack Conway Real Estate, who was in the audience at the hearing, to weigh in, and he agreed. "There is a scarcity of commercial property" in Cohasset, "especially along the 3A area."

"The good news is, there's no empty stores" in town, said Egan. "The bad news is - there's no empty stores."

And there are those in town who liken Cohasset Wine and Spirits attempting to compete with stores like Curtis Liquors to David taking on Goliath.

"The lot we're speaking about is smaller in gross area than the inside of the Curtis Liquors store," Glenn Pratt, 42 King Street, said at the hearing, bringing the issue back to the village. "We talk about revitalizing the village... Economic development doesn't seem to put two [competing] businesses across the street from one another."

The next day, Curtis said much of the same - "I could put the whole thing inside of my store," the business

owner said of the 900-square foot building where the rival liquor store could open. "What is [the store] going to do to lure my customers away from me?"

Still, others had concerns over what one more liquor store in that area will do to the traffic.

"In terms of congestion, an additional [store] creates traffic in a busy area; there's no need to have it," said Jeff Campbell, Ledge-wood Drive.

Debra Sajjan countered that having another liquor store on the opposite side of the street "may ultimately help with the traffic."

Still, there could be a valid argument to having too many stores selling alcohol in close proximity to each other, said Kennedy. The selectmen chair said the board should find out whether there are "cluster restrictions" on liquor stores in the state. "I want to make sure we're doing everything right by state laws."

Finally, the issue may not be entirely up to the selectmen, but could also trigger the Planning Board of Zoning Board of Appeals. However, selectman Karen Quigley reminded the selectmen's decision should be "based only on the transfer of the liquor license. It is not the purview of this board to decide whether a business should be located in an area unless there have been problems with that business."

—Look for more on this issue in an upcoming edition of the Mariner.

BRIEFLY

CPC hearing Monday

The Community Preservation Committee (CPC) will hold its annual hearing on Monday, Jan. 26 at 7:30 p.m. in Town Hall.

The committee is required by statute to hold an annual hearing seeking community input on how the CPA grant monies should be spent. Chairman Russ Bonetti said Tuesday that the board will consider a few projects that

were proposed this past fall, and is open to hearing more.

Anyone from the community who would like to "discuss the viability of projects and procedures" is welcome, said Bonetti.

On Monday night, the committee will discuss the needs, possibilities and resources of the town regarding community preservation and accepting

applications for potential CPC participation. Potential projects for this year include restoring the town flag, signage for the Sailing Club, and upgrading the veteran's memorial at the Dennis J. Reardon square.

Also on the night's agenda: electing officers.

—Look for more CPC coverage in an upcoming edition of the Mariner.

ECONOMICS

From Page A1

Spirits moved from its downtown location and proposed transferring the license to a new location on Route 3A (see related story).

Recognizing that many preferred to see the liquor store stay in the village, Kennedy stated, "We also don't have an economic development plan."

Quigley noted that the town "did have an economic development committee," however, it, "didn't come forward with a plan."

"I think the committee itself tried to change direction and did some good work," Quigley said later in the meeting, adding that while there were "some excellent people from the community with experience who got on it,"

"I think we definitely need a committee and a charge. It's a great resource. Economic development is one of the things this town lacks."

—Selectman Kevin McCarthy

the committee "didn't get traction."

Selectman Martha Gjestby said that the committee could work with the Chamber of Commerce.

Kennedy said the selectmen need a full-fledged discussion on whether the town needs an economic development committee, and what it would be charged to do.

"I think it's our responsibility to set them off in the right direction," said

Kennedy, adding that she plans to schedule this discussion for an upcoming selectmen agenda, either on Tuesday, Feb. 3 or 10. The board will also discuss "reengaging" the Cohasset Housing Trust and getting new members onboard the Open Space and Recreation Committee and the Stormwater Advisory Committee.

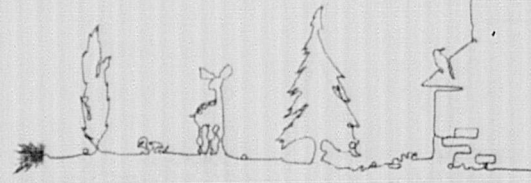
In other committee news, the selectmen voted unanimously in favor of two appointments Tuesday night: Bob Huey to Open Space and Recreation, and Jim Menching as a full voting member on the Cohasset Elder Affairs Board of Directors from an associate position, replacing longtime member Ed Mulvey, who resigned.

—Look for more on this issue in an upcoming edition of the Mariner.

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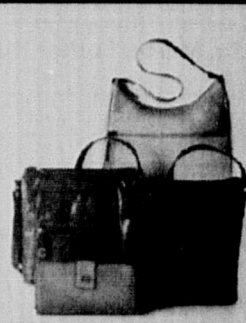
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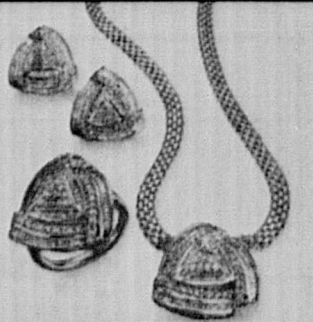
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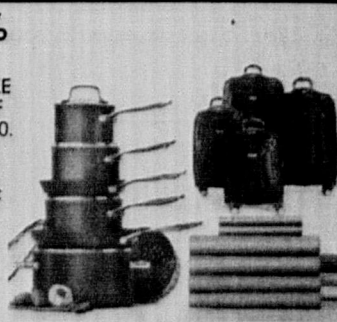
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AROUND TOWN

College honors are rolling in

Difficult time

This week is a really hard one for me to get in the mood to write a cheery, happy column. The past few weeks have been rough ones with a number of losses in town, the loss of people who mean so much to so many people, who have made a difference in the lives of their children, spouses, parents, family, friends, co-workers and all the many others that they were able to touch just by being the special people they were.

Heaven has certainly been made even more special than it already was, just knowing that with every ray of sun, moonbeams and special signs from above that come down each day from those who are no longer with us. I guess this is a special column after all.

My thoughts go out to the families of Diane Mello, Hot Sullivan, Jack Burke and Tamsin Elliot along with all the other special loved ones we all hold near and dear.

Support and help your community, friends and make those moments each day matter whether big or small as tomorrow, they will become a memory. It takes a village Cohasset...1-4-3!

Stonehill

The following Cohasset residents were recently named to Stonehill College's dean's list for the 2014 fall semester:

Danielle Sears, Class of 2015, studying marketing; and **Jennifer Mullin**, Class of 2016, studying communication. To qualify for the dean's list, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.



JENNIFER PIEPENBRINK

Colby

Local students have been named to the Dean's List at Colby College their outstanding academic achievement during the fall semester of the 2014-15 year. The Dean's List at Colby is highly selective, this fall reserved for students whose semester grade point averages were 3.68 or higher.

■ **Charles D. Coffman**, a member of the Class of 2015, is the son of Earle and Denise Coffman, and attended Boston College High School.

■ **Zoe C. Gibson**, a member of the Class of 2017, is the daughter of Denise Gibson of Branford, Conn. and Mark Gibson of Cohasset, and attended Choate Rosemary Hall.

■ **John J. Leahy**, a member of the Class of 2017, is the son of Gina Leahy of Cohasset and Edward Leahy of Westwood, and attended Cohasset Junior-Senior High School.

■ **Sarah C. Evans**, a member of the Class of 2016, is the daughter of Daniel and Grace Evans, and attended Milton Academy.

Reptiles!

On Sunday (Jan 25), the South Shore Natural Science Center off Jacobs Lane in Norwell entertains a visit from two reptiles that do not enjoy the winter cold - alligators and crocodiles! Join herpetologist, **Michael Raibovsky** of Rainforest Reptile Shows and learn all about these

scaly animals. There are three shows: 11 a.m., 1 p.m. and 3 p.m. Tickets are \$7 members/ \$10 nonmembers. To purchase tickets, call 781-659-2559.

I am working at it and am so looking forward to it. Tickets are limited so give a call as soon as you can to reserve your tickets.

Drug forum

The Safe Harbor Cohasset Coalition will host its inaugural educational forum on today's Substance Abuse Crisis. The event is open to all and will be held at the Cohasset High School Auditorium, on Feb. 4th from 7 to 9 p.m. The speakers, renown in their respective fields will provide in-depth information about the substance abuse epidemic.

Mark your calendar and stay tuned to your Mariner for more news on this important program!

I hear as of tonight that we may have some SNOW in the forecast. I am hoping this may be true but until I see it, we will just wait and see. Have a good week.

Please have your news in to me for next week by Tuesday at 2 pm. EMAIL: aroundtowncohasset@yahoo.com

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

LIFE AT CHS

Spirits high, despite cold virus

Although a shortened week of school, there is certainly not a shortage of activities going on around CHS. With everything that is happening, it seems that it is the perfect time for a ruthless cold to spread throughout the school. At the moment, there is no amount of tissues in the world that can stop the sniffing heard throughout the hallways.

Student athletes feeling under the weather has not stopped their triumph in the sports world, though! With each week the majority of the Skipper teams have been victorious. Notably, girl's basketball against Randolph and the swim team against Blue Hills recently won their games, respectively. Overall, sports are continuing to excel with few setbacks like boys basketball's loss to Randolph. However, our Skippers have been victorious in the past and I am confident they will continue that victory.

As I mentioned in my previous column, juniors and their parents who seek more information on the college process will be able to ask any and all questions to seniors who have just completed applications as well as to parents of seniors. This will occur at 7 p.m.



ASHLEY CURRAN

At the moment, there is no amount of tissues in the world that can stop the sniffing heard throughout the hallways.

on February 10th so junior parents mark your calendars! The guidance counselors will also be present for any questions so it will definitely be a worthwhile evening for anyone about to start the college process.

As girls across the school discuss dress colors and heel heights, it is apparent that Semi Season is upon CHS. A tradition, the Winter Semi-Formal Dance, brings out the most glamorous in the entire Cohasset student body, aside from Senior Prom, of course. Generally held in the town hall and decorated with icicles and snowflakes, tonight's Winter Dance boasts a winter wonderland atmosphere. The favorite part of the dance every year has to be the photo booth as those who spend countless days deciding what to wear can finally show it all off with their friends in a picture. All CHS students are encouraged to attend to make the dance even more successful than the

year before.

Along with the aggressive virus that has claimed almost every student, so has that of the perseverance to finish off this semester strong. As students will be receiving a complete new set of classes come next Tuesday, January 27, many teachers are having the culmination of classes include projects as well as final exams. These exams are bringing even the smartest Cohasset pupils to pull all-nighters in order to study every last piece of information before the test. Good luck to everyone with finals and ending classes!

With that being said, I will leave you here to study for my own finals. However, I will take a break every now and then to keep an eye on things around school so that I can report back to you next week.

—Ashley Curran is a senior at Cohasset High School and regular Mariner columnist.

DON'T MISS THIS

Red Sox Nation around the corner

Summer will be here before you know it but Red Sox tickets may not be! Buy them now at cohasstetec.com

Plan a night out at Fenway or gather family members and friends, or even your neighborhood, for a night at the ballpark.

The tickets are affordable and transportation is included. Perfect for large groups who don't want the hassle of driving, parking and the accompanying costs.

■ Red Sox vs. Baltimore: Tuesday, June 23rd at 7:10 p.m. \$35

■ Red Sox vs. Detroit: Saturday, July 25th at 7:10 p.m. \$48

■ Red Sox vs. Cleveland: Tuesday, August 18th at 7:10 p.m. \$35

Purchase tickets at cohasstetec.com or call 781-383-4109.

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SUBSTANCE ABUSE

What's happening here and now

Safe Harbor Cohasset Coalition will host its first educational forum on Today's Substance Abuse Crisis. The event is open to all and will take place in the Cohasset High School auditorium, 143 Pond St., from 7 to 9 p.m., on Wednesday, Feb. 4.

The speakers represent personal, clinical and legal backgrounds. Each will present the latest information in their field: helping attendees understand the current crisis and provide

the tools and knowledge to educate and protect one's family. Joanne Peterson, the executive director of Learn to Cope said, "This year is one of the worst I've seen. We can't keep up with the epidemic."

■ Jennifer Rowe, ADA Norfolk County Prescription Drug Task Force will focus on Straight Talk - Substance Abuse Statistics in Norfolk County.

■ Dr. John F. Kelly, Harvard Medical School, will present scientific research

on the Effects of Substances on the Developing Brain.

■ Becca and John Reilly will detail the journey from addiction to recovery from a father/daughter perspective.

■ Joanne Peterson, founder and executive director of Learn to Cope will provide firsthand insight and hope to parents of children with substance use disorders.

■ Warren Nicoli from Manet Community Health Center will provide private Narcan training.

Sponsored by the Social Service League of Cohasset, the coalition was founded in June 2014 by a broad spectrum of concerned stakeholders from across all sectors of the community. The mission is to foster a strong and inclusive community that encourages healthy, educated and responsible choices about drug and alcohol use. The mission is supported by evidenced-based, prevention focused, sustainable programs and policies. Learn



Joanne Peterson is the Founder and Executive Director of Learn to Cope. COURTESY PHOTOS

more at: facebook.com/safeharborcohasset.



Dr. Kelly is the Elizabeth R. Spallin Associate Professor of Psychiatry in Addiction Medicine at Harvard Medical School.

COHASSET REC

SAT Prep course offered

Do you have a Junior or Senior who is taking the SATS this Spring? Sign them up for the Cohasset Recreation Center's eight week SAT Prep course. Students will learn valuable test taking strategies.

"This SAT Prep Program is the best deal on the South Shore," says Princeton Review Certified Instructor Bob Beatty, a retired teacher at Archbishop Williams High School and Scituate High School. "To get almost individual one on one help from proven SAT teachers is a big plus. Students have the opportunity to score up to

100 points more from knowing just how the test works."

This course will teach them to organize thoughts to produce a 3-5 paragraph essay in under 25 minutes; interpret short and long reading passages and effectively answer critical reading questions. Students will also strengthen their vocabulary, identify sentence errors, learn composition strategies to effectively answer improving sentences and paragraph multiple choice questions. Open to 11th graders. Tuesdays Jan. 27 to March 31. Cost: \$150 Register at cohassetrec.com

KLONDIKE DERBY

Webelos earn a gold ribbon



The Cohasset Webelos II Pack 38 recently earned a gold ribbon for their outstanding performance at the annual Klondike Derby sled race at Camp Squanto in Plymouth.

The Klondike Derby consists of nine timed stations where the Webelos race their sled and demonstrate their scouting skills including orienteering, cooking, first aid, camp set up, knots and ropes and fire building.

Webelos from left: Nathan Charron, Jackson Soderberg, Bryce Morrissey, Hilton Hudson, Sam Rodgers, Brandon Bellefontaine, Anthony Infererra, Kevin Nisbit and Brian Hixon show their stuff at Klondike Derby. COURTESY PHOTO

DON'T MISS THIS

Open house at nursery school

On Monday January 26th the South Shore Community Center Nursery School, 3 N. Main St., is holding an Open House from 10 to 11 a.m. in the Nursery School. Parents are invited for a tour of the school, an information session, and to meet the director and teachers. There will be additional information on extended day programs and

activities from 11 to 11:30 a.m. in the Sunshine Room of the Community Center.

The South Shore Community Center offers programs for children 2.9 through 5 years. Please feel free to contact Ann Madden the Nursery School Director at 781-383-0036 if you are unable to attend to set up a personal tour of the school.

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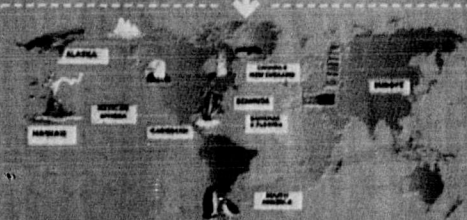
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DON'T MISS THIS SAT prep registration

Registration is now opening for the SAT prep program through Episcopal City Tutoring (ECT), beginning sessions on Feb. 2. This program prepares students to take the SAT in May and June. Students meet math and English tutors in the "Watermelon Room" at St. Stephen's Episcopal Church at 16 Highland Ave.

Started in 2010 with the mission of "Test prep with a social impact," ECT has worked effectively with students in four other Boston suburbs. The Cohasset site successfully debuted in February 2014. What makes ECT unique is that in addition to providing high-quality personalized tutoring, the profits are used to tutor students in underserved neighborhoods. The one-on-one approach allows tutors to focus on

a student's unique needs and challenges, and communicate the most helpful strategies in a way that makes sense to the student. There is a special emphasis on skill development and confidence building.

The comprehensive program provides students with ten, 90-minute tutoring sessions. The cost is set affordably at \$85 per session. The prep course curriculum is non-religious and focuses only on SAT preparation for English and math. A student or family need not have any church affiliation to register for classes. Interested families can go to episcopalcitytutoring.org for more information on registration, or contact ECT Cohasset Site Manager Stephanie Sears at 413.829.8291.

WIGMORE

From Page A1

Deirdre announced that Tom has been diagnosed with glioblastoma (brain cancer), and will be starting treatment soon.

"We're going to get through this to do Memorial Day — it's going to be the biggest one yet," Deirdre tearfully told the board. "We're inviting every veteran to come out and please support Tom."

Members of the board were also teary-eyed as they offered support to the couple.

"You know you have a community of supporters that will do whatever we can to help get the word out, get you more volunteers, flags, whatever it takes," said selectmen chair Diane Kennedy.

"The two of you have made such an impact on this community," said selectman Karen Quigley. "You have the support, thought and prayer" of the entire town, she added. "We're so thankful for what you have done for this community."

Quigley encouraged all of the town's veterans to march in this year's

Healing Field flags

For information on how to purchase flags for the Healing Field, call the Sons of the American Legion Post 118 at 781-383-9657 or visit online: www.salpost118cohasset.com.

parade, along with everyone in town government. She also reminded citizens that they can order their flags online. Deirdre said that order forms would go out this week, and folks can also order from the Legion's website (see sidebar).

While the Field of Honor features a tribute to Gold Star families, participation is open to all and flags may be purchased in memory of anyone.

The selectmen voted unanimously (4-0) to approve the Memorial Day events for that week, "going to whenever we feel like stopping it," said Kennedy.

"We've got to keep it going," Tom said of the town tradition, adding that he'd "like to see more of the school kids get involved."

"This is a small town but

we send a lot of people in harm's way," Tom said of veterans. "A lot of them choose not to be recognized, but I think they ought to be."

Some are advocating for the parade to be dedicated to Tom Wigmore.

In a Jan. 12 letter to the selectmen, Coleman Nee, Secretary of the state Department of Veterans' Services, Cohasset resident and member of Post 118, said he supported a petition in town "concerning the renaming of the Memorial Day Parade... to appropriately honor" Wigmore.

"I can personally attest to the dedication, perseverance and professionalism that Tom Wigmore has demonstrated for many years in supporting the town's veterans and Gold Star Families," Nee wrote. "The vibrancy and support that events such as the Memorial Day parade and Healing Fields exhibit, as well as the fact that every veteran's grave is appropriately decorated with an American Flag on Memorial Day and Veterans Day, are testament to Tom's commitment to our veterans and his unflinching

patriotism."

Selectmen vice-chair Steve Gaumer, who was absent Tuesday night, prepared a written statement ahead of the meeting thanking Tom "for his unflagging dedication to our veterans."

"There is one among us who has made it his duty to make Memorial Day, and indeed every day, very special for veterans in Cohasset," Gaumer said of Wigmore.

Gaumer called Tom "the engine" that has driven the town's Memorial Day events for years. Furthermore, "Tom maintains his dedication throughout the year as well, visiting VA hospitals, keeping active with the American Legion, keeping our vets engaged in the community," stated Gaumer. "Thanks to Tom's work, our community has a deep and abiding appreciation of our veterans' service in protecting the life and land we hold dear. I wish to thank Tom for this enduring gift and the warm light it casts within our community."

—Look for more on this in an upcoming edition of the Mariner.

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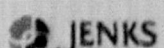
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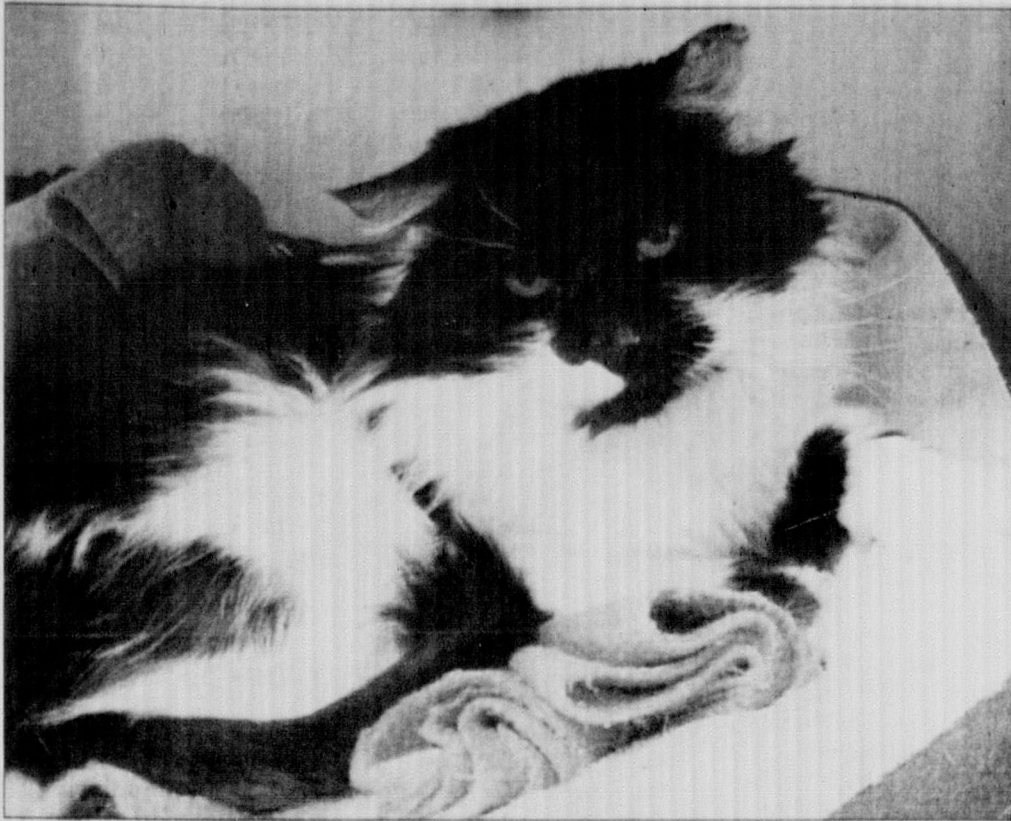


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GIMME SHELTER



Goliath is a really big guy who gets along with everyone. COURTESY PHOTO

Goliath's heart matches his size

By Tammy Hatch

H ello there, I'm Goliath. I'm 2-½ years old. The lady who took my picture said I'm a tough guy to photograph because I have very dark eyes. Not sure what she meant by that, but just in case she's right, maybe it'd be a good idea to meet me in person before you decide what you think. Looks don't matter anyway right? It's all about what's inside and what I have inside is a very big heart and a whole lot of love to give.

A little about me — so I'm a really big guy (hence the name) and I have long hair. When the volunteers brush me they say I'm like a big old teddy bear. I am not vain at all, it's just that

with hair like mine it's a good idea to brush me daily or else I will get all knotted.

I am a gentleman — what you see is what you get. I'm very peaceful and get along very well with others, felines as well as humans. I don't sweat the small stuff and I'm not one to complain or put up an argument.

That said, the simple fact of the matter is that the shelter isn't where I want to "hang my hat." I feel bad about saying that because they've been really good to me here, but I want to live in a home. I'm not picky and it won't phase me if you have a big family, little kids or other pets even. It's all about the love and in case I didn't say it already, I have a lot of that to give.

Spay Waggin

The Animal Rescue League's Spay Waggin will be at the Shelter Monday, Feb. 9th. If you'd like to reserve a spot to spay or neuter your cat, please call the Shelter at 781-925-3121 or email us at hsar@verizon.net. The cost is \$100.

HSAR is located at 50 L Street in Hull. We are open to the public Monday nights 6:30 to 7:30 p.m. and Saturdays 2 to 3 p.m. Special appointments can also be made by calling our Adoption Coordinator, Judy, at 781-534-4902. Visit us at www.hsar.org or "Like" us on Facebook.

—Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.

HISTORICAL SOCIETY

Taste of the past next Friday

Men's night event to feature whiskey tasting

Calling all gentlemen — Cohasset Historical Society will host a men's only whiskey tasting night on Friday, Jan. 30, starting at 6:30 p.m. The evening will focus on a selection of small batch domestic rye whiskeys and bourbons and representatives from several stills will be on hand to speak about their craft.

The night complements the society's ongoing exhibit highlighting the fashions and local history of the 1910s and 1920s. During prohibition, Cohasset's richest would have begun turning to small batch distilleries,

mostly found in the South, for their scotch and whiskey.

Attendees will finish the evening as experts — and likely be able to explain (and taste) the difference between rye whiskey, bourbon and scotch. Fresh Feast of Cohasset Village will prepare a selection of tasty appetizers to accompany the drinks, think mac and cheese bites and mini Cubano paninis.

The Pratt Building, 106 South Main St., itself will be transformed into a masculine drawing room with bear rugs, taxidermy and other manly décor.

The Society thanks Bill Tierney of William Raveis Real Estate for sponsoring the event.

Tickets are \$100 and can be purchased online at

New exhibit

■ Cohasset Historical Society's new exhibit celebrates the fashions of the early 19th century when Cohasset was the summer home of Boston's elite.

■ The exhibit is open to the public at the Pratt Building, 106 South Main St., on weekdays from 10 a.m. to 4 p.m. Admission is free, but donations are gratefully accepted.

■ More than two dozen recently restored garments curated from the society's extensive textile collection are on display, including the history about life in Cohasset in the 1910s and 1920s. For more information, call 781-383-1434.

cohassethistoricalsociety.org, or by calling 781-383-1434. Space is limited.

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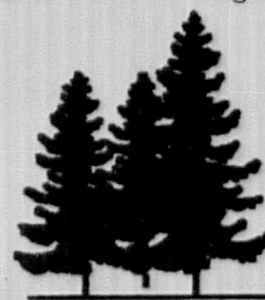
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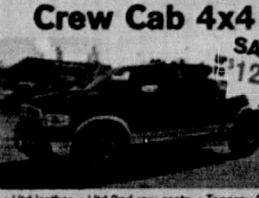
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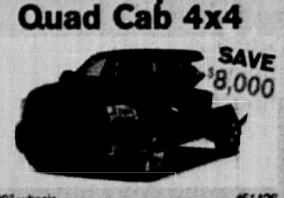
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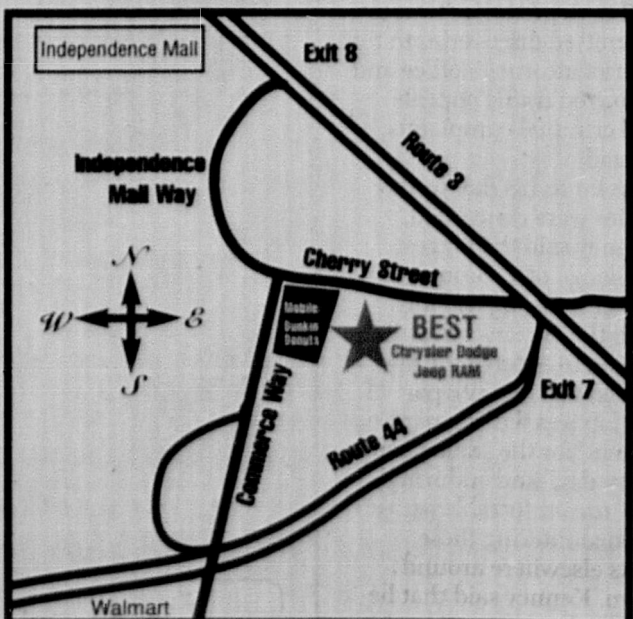
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RETIREMENT

From Page A1

known around Cohasset as a people person.

"He was the epitome of community policing; he had a knack with connecting with people," said Acting Police Chief William Quigley, who worked with Kenney during his entire tenure in Cohasset. "He was definitely the most popular officer here."

A farewell post to Kenney on the Cohasset Police Department's Facebook page garnered closet to 900 likes and over 170 comments.

"You went viral!" Quigley recalled telling Kenney. "You're more popular than Erik the [police K9] dog!"

Kenney admits that he is a "dog lover," at least. The retired officer worked his last day on the force on Friday, Jan. 2, just shy of 10 years in Cohasset.

"It would've been 10 years in February," said Kenney.

Over the years, Kenney, 58, has worked as a prosecutor, patrolman, detective, EMT, and even a brief stint as a chief. Coming from a long line of firefighters, including his father and both grandfathers (he also has five brothers, one of whom is a fire lieutenant in Hyannis), Kenney got his start in 1976 as an EMT in Boston before deciding to give police work a try.

The "turning point to become a policeman" came, he said, while working as an EMT in "high-crime neighborhoods" in the city and observing the Boston P.D. on the job.

"Seeing the satisfaction they derived from their jobs made me think, 'This is for me,'" he said.

Kenney went from his EMT position to working as a campus cop at Boston University. His first town policing job was in Lincoln, Mass., which he described as "Cohasset without the ocean. It's an awesome, beautiful town."

After eight years there, Kenney moved on to Milton, where he remained for 12 years, working for 10 years as a detective.

"Each and every time I moved up, I moved to a place where I had more police work," said Kenney.

When it was "time for a change," he moved west to take a chief's position, which he stayed in for only a month. His son was attending prep school in that part of the state at the time, but Kenney said that he knew soon after starting his new role that it wasn't the job for him.

"The budget money wasn't there that the selectmen said was there... I ran into brick walls in the first three weeks," said Kenney. He told the town's board, "Ethically and morally if I can't give 100 percent, I don't want to work for you."

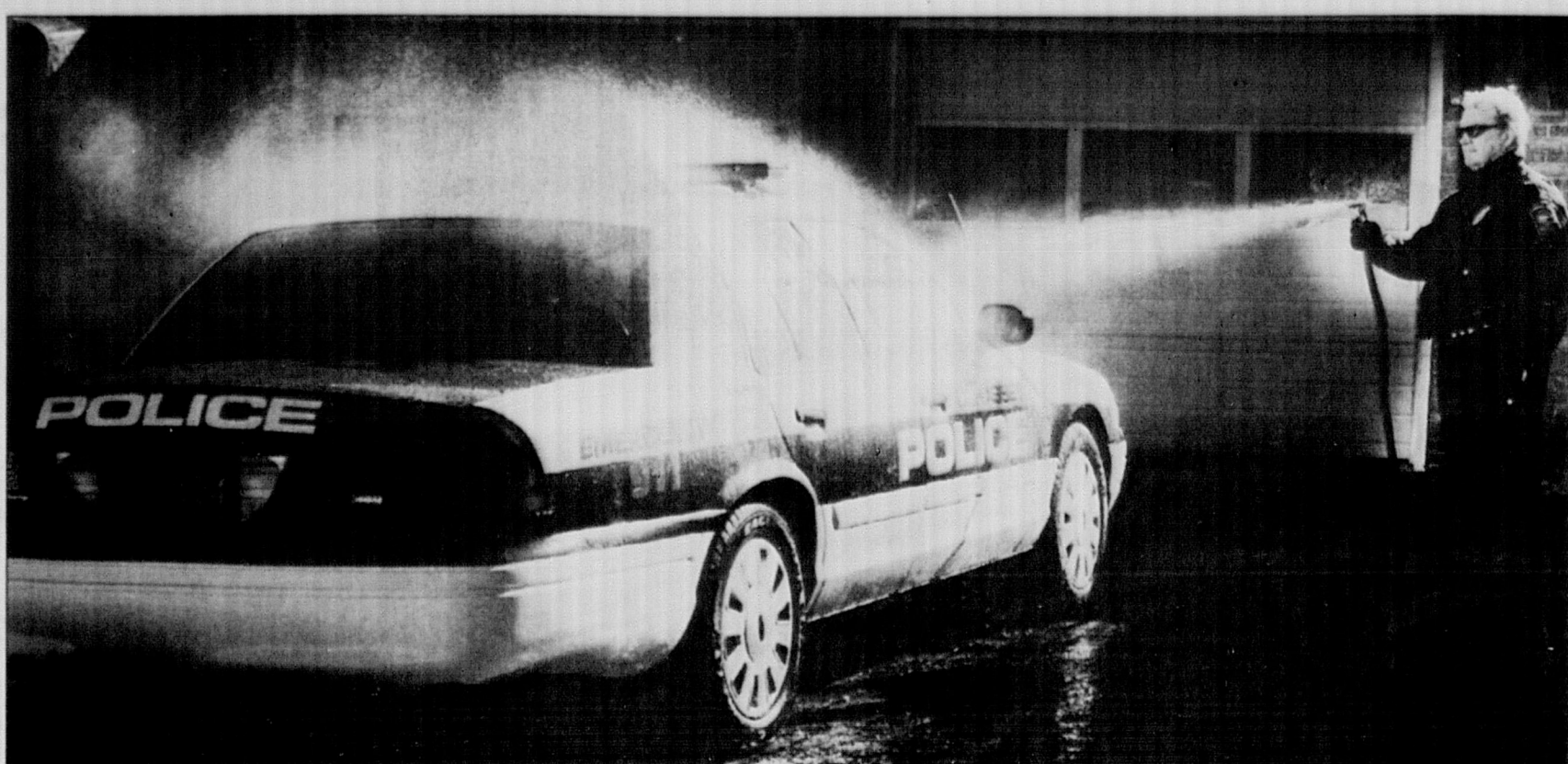
After taking some time off, Kenney said he "realized the only thing I was capable of doing was being a cop."

Not long after that, he found an opening in Cohasset. Jim Hussey was chief at the time, and Kenney said he knew his brother as an officer in Boston. Working as a patrolman over the past decade, three years ago Kenney was appointed to the specialty position of prosecutor by former chief Mark DeLuca, making Kenney a court liaison.

"I took prisoners to court, submitted discoveries to the district attorney's office and managed traffic appeals and criminal complaints," he said.

As far as his day-to-day duties were concerned, Kenney said the biggest challenge of a community officer is "being friendly with the citizens but still having to enforce the law."

His least favorite part of the job was writing parking tickets "for the same people every day," and enduring the "uncomfortable pause" of encountering these folks elsewhere around town. Kenney said that he received more "pushback" over tickets than drunk driving arrests.



Kenney's "morning ritual" at police headquarters: "Washing 'his' cruiser," said Acting Police Chief William Quigley. "He would only take one of the old cars ... he would not drive the new cruisers." COURTESY PHOTOS

Facebook well wishes

When the Cohasset Police Department posted a farewell message to retiring officer Patrick Kenney after 10 years of serving and protecting the Cohasset public, "likes" and comments poured in. A few of the top comments:

"Best wishes and happy retirement Pat, you are an outstanding person and an excellent police officer. I am glad I had a chance to get to know you." — Bill Cormier

"He was one of the good guys always there for so many of us and our kids." — Kathryn Lydon

"Happy Healthy New Year Pat, thank you for your many kindnesses to the citizens of Cohasset." — Barbie Bowman.

"Loved that you began work here and instantly 'took' to all of us, treating the children with such respect, knowing their names and caring... Wishing you an awesome 2015 and the very best in life! I know we will see you still! Thank you for your service." — Barb Espo

"Pat, thank you for your service. The town will miss your professionalism and experience. I will miss your common sense and exceptional courtesy." — Steve Gaumer

"You are a good man Pat - thank you for all of your good work on the Cohasset force." — Bill Burnett

"Thank you Pat for your friendship and service to our town. I will miss your friendly waves! Cohasset won't be the same!" — Elinore Kelley Barrett

"Cohasset won't be the same without him. He truly embraced community policing and brought it with him to our town. Approachable, friendly and was able to gain the trust of our teen population which is unique in itself. He would pass out his card to the people he met encouraging them to call if they ever needed something and MEANT it... who does that? He will be missed and we were lucky to have him." — Diane Hindley

"Congratulations Officer Kenney! Thank you for your service to Cohasset, for taking the time to get to know our family, and for always watching out for our kids. I'll never forget you pulling over to talk to the kids when they were young. There was always some pearl of wisdom or safety lesson learned. You will be missed. Best wishes!" — Kathryn Cunnie

"Wishing Officer Kenney the best in his retirement. His friendly greetings and happy demeanor will be missed for sure." — Laura Pelz Soderberg

While there were some challenges, there were also rewards. Kenney recalled when he and officer Paul Wilson successfully administered CPR and saved a life.

Perhaps the most rewarding part of community police work was the relationships he fostered around town, said Kenney — "Little kids stopping to say hi... People are really respectful and appreciative of cops."

"I'll miss that aspect of policing," he added. "You interact with people every day, and you serve."

The retired officer said he has always considered that to be the most vital part of his vocation.

"That 'protect and serve' on the side of the police car — do they really do it? Cohasset cops do," said Kenney, crediting Quigley for fostering "the true spirit of community policing."

"With that being

encouraged, the communication between young people, citizens, and police is at an all-time level," he said.

Kenney said he particularly enjoyed his interaction with Jack Buckley's high school Introduction to Law class. Buckley said in an email that the feeling was mutual.

"The kids absolutely loved him because he was such a breath of fresh air in the classroom," Buckley said of Kenney. "He was funny; he had great stories, and was highly entertaining. He had tremendous energy, too. He got all students involved in discussions, and pushed them to participate."

The officer was especially gifted in addressing the students in a way that got their attention, said Buckley. "In the course of one class he could speak to students like a street cop (with some crassness thrown in for effect), like a constitutional



Officer Kenney, second from right, at a 2011 crash on Route 3A assisting the Cohasset Fire Department. A car had flipped over and the driver was trapped.



Officer Patrick Kenney giving Cohasset High School students a tour of the police station.

law professor, and as a trusted adult they could turn to for support and professional, legal guidance."

However, the teacher was quick to add, Kenney "didn't pull any punches with kids and told them precisely where the line was drawn while at the same time reminding them that cops understand that kids make mistakes. And that it was his duty and the duty of his colleagues to keep them safe — not to harass them."

"Pat had a real presence in the classroom and he made a significant contribution to the education of kids in my class," Buckley concluded. "He helped foster positive relationships between teens and cops in Cohasset and he will be sorely missed. He's a guy that you just can't replace."

One of Kenney's proudest moments was when a distressed Cohasset teen called his cell phone, while he was off-duty on a Saturday

night, asking for help with an emotional crisis. Kenney called an on-duty sergeant and an ambulance. The total time, from the young person's call to Kenney to an ambulance arriving on scene, took less than seven minutes.

Kenney said he valued "having that connection in the community" that a struggling teen could call.

"He wasn't afraid to give people his personal cell phone number," said Quigley. "That really went a long way with folks."

The acting chief recalled a drive around town where he saw Kenney assisting a teen-aged driver, who had just gotten his driver's license, showing him how to change a flat tire.

"That's what it's all about," said Quigley. "We have our share of action, but we're really a service-oriented police department... He fit right in."

And while joking that

Kenney was a "handful" and "responsible for half my gray hairs," Quigley added, "He really was one of my go-two guys for anything that I needed; I'll miss that."

Kenney goes on to more relaxing days, enjoying visits with friends and his two grown sons, (one is a cop for the Federal Reserve bank in Boston, while the other lives in Washington D.C. and works for the Federal Emergency Management Agency), as well as expanding his handy man hobby which he calls "very peaceful and satisfying." However, it's clear he'll look back fondly on his time in Cohasset.

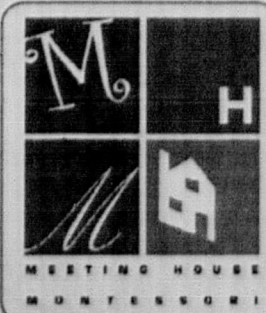
"I absolutely want to thank the residents of Cohasset for their support; they truly are unique," said Kenney. "Cohasset was a nice place to wrap up a career in 10 years."

—Follow reporter Erin Dale on Twitter @ErinDaleMariner.

MEETING HOUSE MONTESSORI SCHOOL

OPEN HOUSE
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10am - 12pm
(snow date Saturday
February 7th)

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Braintree



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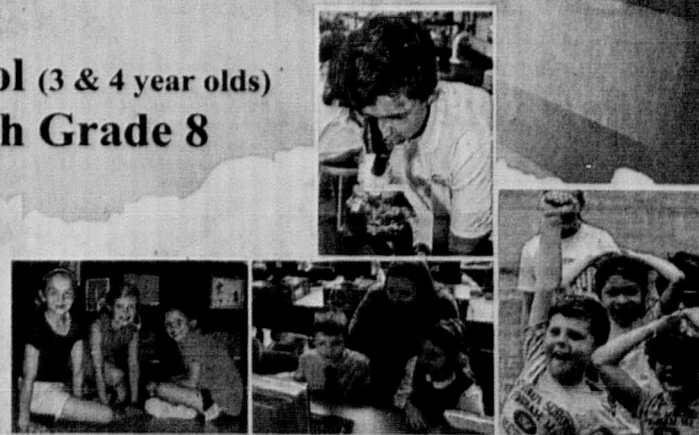
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OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043. cohasset@wickedlocal.com, or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Economic Development

"Turn the clock ahead a few years and imagine a vibrant mixed-use district surrounding the new Greenbush train station - one that might bring in some badly needed tax revenue for the town."
— Cohasset Mariner, February 2006

That was the lead in a Mariner story we wrote nine years ago when the Economic Development Committee was then a vibrant town committee on a mission.

The story, which was among many written at that time, reported on plans to establish a Transit Oriented District or TOD through a Town Meeting article proposed by the Economic Development Committee, whose charge in part was to explore strategies to reduce the town's reliance on residential taxes. The TOD allows for more dense development than is allowed under current zoning.

Today, the TOD (better known as Old Colony Place) — which is next to the Greenbush train station on Route 3A — is reaching the full potential envisioned by the EDC.

The EDC, chaired then by Peter Brown, was formed about 10 years ago to help find ways to help jump-start the town's commercial tax base including taking a look at the undeveloped parcels of land along Route 3A and the downtown area, or those parcels, which are underdeveloped whose use could be expanded.

The committee also planned to examine the town's parking bylaw. With a lower parking ratio, slightly larger buildings would be allowed, which could create higher real estate values and higher tax revenues, the EDC thought at the time.

The EDC's current inactive status came up during Tuesday night's Board of Selectmen meeting when, during a discussion on various town committees, selectmen chair Diane Kennedy identified the committee as one that is "very much in limbo."

We encourage our selectmen to fully staff the EDC, revisit and reinvigorate its charge, and to ask for regular updates.

We all love Cohasset just the way it is - but smart development and redevelopment can only help the bottom line and won't hurt the town's character one bit with the zoning and planning boards providing the appropriate oversight.

The fact is that Cohasset is still overly reliant on its residential tax base. According to the state, our residents pay some of the highest average property taxes in Massachusetts.

Next door in Hingham, no one could envision the town without the Hingham Industrial and Development Commission (HDIC), an appointed committee, that continues to provide valuable assistance in everything from seeking grants to weighing in on the big plans for the south Hingham area near the Derby Street Shoppes. Cohasset is not Hingham — but just think about their commercial development in recent years — Derby Street and the Shipyard, as well as the industrial park by Route 3 near the Weymouth line — all come to mind.

Cohasset Selectman Kevin McCarthy put it best when suggesting his board recharge the EDC.

"I think we definitely need a committee and a charge. It's a great resource," said McCarthy, adding, "Economic development is one of the things this town lacks."



COMMENTARY

Heartfelt thank you to Tom Wigmore

By Steve Gaumer

Some of my earliest memories are of my father attired in his "dress blues" Marine uniform, heading off to parade drills. From an early age, I developed a respect for the uniform and those who wear it in service to their country.

Our service men and women do their jobs with extraordinary professionalism, often in extraordinary circumstances. They defend our shores and our freedoms; they go where their duties and orders direct them. When their duty is

finished, they return to our communities, to work, raise a family, serve the communities which they had sought to protect. For many of us, acknowledging their commitment and sacrifice often falls to one day in the year — Memorial Day. There is one among us who has made it his duty, to make Memorial Day, and indeed every day, very special for veterans in Cohasset. This note is to say a hearty and heartfelt thank you to Tom Wigmore for his unflagging dedication to our veterans.

Tom is the engine that has driven a full Memorial Day weekend of

Thanks to Tom's work, our community has a deep and abiding appreciation of our veterans' service in protecting the life and land we hold dear.

recognition for our veterans, including the parade; the Healing Fields memorial and annual dedication; flag planting on the graves of our veterans; hosting a

veteran's breakfast. Tom maintains his dedication throughout the year as well, visiting VA hospitals, keeping active with the American Legion, keeping our vets engaged in the community.

Thanks to Tom's work, our community has a deep and abiding appreciation of our veterans' service in protecting the life and land we hold dear. I wish to thank Tom for this enduring gift and the warm light it casts within our community.

—Steve Gaumer lives on Pond Street and is a member of the Board of Selectmen.

LETTER

Help is only three digits away

Without even giving it a thought, I shut the lights off in my house and go to bed knowing that if an emergency should arise, I only need to dial 911. Just three simple numbers and host of dedicated folks show up at my home — most within one to two minutes, which may be a life saving response. I feel safe because I know they are there at a moment's notice. Do you feel the same way too?

What would we do without the faithful Police Officers, Firefighters and EMTs. These selfless, caring folks who put their very lives on the line day by day, night by night, without counting the cost and in every type of weather?

My family and I have needed to use these folks several times and outcomes were great because they were there, ready and willing to help at a moment's call. They do not ask age, insurance coverage, political connections, they just come and give their life-saving best skills to me, to all who call. When my dad was at the end stage of cancer last year, the EMTs and Firefighters came to our home many times, their kindness in our emergent situations were so calming and soothing. We needed more than just a response, we needed the TLC (Tender Loving Care) that the responders provided, assuring and taking charge of every

My family and I have needed to use these folks several times and outcomes were great because they were there, ready and willing to help at a moment's call. They do not ask age, insurance coverage, political connections, they just come and give their life-saving best skills to me, to all who call.

detail. Thank you so very much. And I am sure that I am the echo of many in this town who have been served by these compassionate and trained specialists!

They enter into our respective emergencies regardless of the type, some even a threat to their lives, but come nevertheless.

I would like for us, the residents of Cohasset to shower these folks

with cards and letters, with an occasional batch of cookies to the Police Department and Fire Department, let us make them aware that we both appreciate and care for all that they do even if it is just a three digit number away.

Let us just say thank you to them for being there for us — just three mere digits away!
Rev. Barbara Kathleen Welch, Kingston

DPW

Winter means salt, snow

Cohasset Department of Public Works reminds residents that a sand and salt mixture will be available in the upper corner of the town parking lot. The DPW will re-stock as soon as all streets are safe to travel on.

When snow is forecast, residents are asked to not park on streets plowed by the town to expedite snow removal. Vehicles that obstruct snow removal

operations will be towed at the owner's expense. Residents and contractors are reminded not to move snow, ice or water onto roadways that may impede traffic or cause unsafe travel conditions.

The town is not responsible for damage to mailboxes, driveway aprons, walkways, stone walls, grassed areas, shrubs, trees or fences that fall within the town layout.

Cohasset Mariner

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Reprint Orders 1-866-746-8603
Legal Sales 1-800-624-7355 ext. 7967
Classified Sales 1-800-624-7355, Fax 781-453-6650
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The Cohasset Mariner (USPS 455-390) is published weekly Friday by GateHouse Media, 254 Second Ave., Needham MA 02494. Periodical postage paid at Boston and additional mailing offices. \$64 in town for one year. Call circulation department 1-888-MYPAPER (888-697-2737) to subscribe or report delivery problems. POSTMASTER: Send change of address notice to Cohasset GateHouse Media NE, 400 Crown Colony Dr., Quincy MA 02269. The Cohasset Mariner will publish up to 12 Premium Editions each year, with a surcharge of up to \$2 for each edition. Current subscription term lengths reflect basic subscription rates without additional charges for Premium Editions. The Cohasset Mariner will adjust the length of your subscription, which accelerates the expiration of your subscription, when you receive these special editions.

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TOWN CLERK

Complete and return census forms

The 2015 annual Town Census forms have been mailed to every household in Cohasset. This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31, 2015. Dog forms need to be returned as soon as possible with a current rabies certificate.

Compliance with this state requirement provides proof of residency, street listings, veteran's bonuses

Any member of the family in the military service, away at college or confined to a rest home whose legal residence is the same as one's own should be included on this form.

as well as protection of voting rights, senior citizen programs and related benefits. The census form, does not register people as voters. The population figure has a bearing on the state and federal aid Cohasset will receive.

While the street list is

primarily used to update the voting list, statistics on children are taken for the School Committee, providing it with data on current enrollment as well as present and future school population. (Note: The School Committee uses the annual census

information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported and all dates of birth are accurate.)

Any member of the family in the military service, away at college or confined to a rest home whose legal residence is the same as one's own should be included on this form.

Anyone who did not receive a census form, or if more information is needed, call the Town Clerk's Office at 781-383-4100, ext. 106.

PLANNING MATTERS

Don't put off getting a will

Last winter, despite my view of myself as very prepared, I was constantly that person driving from store to store in the sleet and snow trying to find the last container of Ice Melt. After doing this a few times (we had a lot more snow last winter, didn't we?) I finally had the sense to pick up a bag of rock salt on one of my regular grocery store runs. I remember feeling strange buying it when there was no sign of snow in the forecast.

"Will the checkout person think I'm weird for buying this when it isn't even snowing?" Then I felt silly, because of course you should buy rock salt before it starts snowing. If you wait until it's snowing you run the risk of slipping on your way down the walk to your car, getting in an accident or having to pay \$8 for a small container of barely effective, eco-friendly melting powder.

So, I understand when people say to me "I don't really feel old enough to need a will" or "I don't think my dad is sick



LEANNA HAMILL

enough to do planning now, but maybe in a little bit."

The thing is, when you put something off, whether it be buying rock salt, doing your will or trying to get tickets to the Garth Brooks concert, you end up with fewer choices or sometimes none at all. I've had people contact me to have their wills done when they are days away from dying. The first time I meet with them, they are in their hospital bed. They still know what they have and how they want it to be distributed, but they aren't able to put the same thought into things as they would have been if they planned earlier. They often don't have the chance to have conversations with family members about what they are leaving behind. They also run the

So, I understand when people say to me "I don't really feel old enough to need a will" or "I don't think my dad is sick enough to do planning now, but maybe in a little bit."

risk that no attorney will be available to help them.

I've also had people contact me a week before they go on vacation or are having major surgery. Very often the plans they want to put into place – bequests to charities, elaborate trusts for grandchildren with special needs or complicated plans for their blended family – have to be delayed because there simply isn't enough time to do them. They end up making the basic decisions, thinking there will be time later to do the planning they really want. Then there is the time crunch of trying to get back to the attorney's office to review and execute the documents so that they are actually in effect before boarding the plane or checking into the hospital.

This year, at the beginning of November, with

no snow in sight, I bought a few bags of rock salt. I put it in buckets at the front and back doors with scoops to toss it out onto the walk. I got the snow shovels out of the shed so that they are where I need them to be when the snow falls.

True, I will have lost that sense of urgency and excitement when a storm hits and I don't need to be careening around town chasing down sodium chloride, but I will gain something even more valuable – the ability to decide what I really want to do once I get my car shoveled out, and the time to put that plan into action.

Leanna Hamill is an estate planning attorney in Hingham. She can be reached at www.cohassetlibrary.org or 781-749-2284.

CHANGING LANES

Boston and the 2024 Olympics

Some of my happiest girlhood memories are connected to the 1984 summer Olympics in Los Angeles. My parents relaxed their "no TV in our house" for three glorious weeks and borrowed a set that they placed across from their bed on the dresser. It wasn't a big TV, but it was color and its presence meant that each night my two younger siblings and I spent the evening with my parents watching the U.S. race the Russians for gold medals.

The 1996 Olympics are a faint memory for most people, but for Atlanta, they remain the precious 15 minutes of feeling like the most important city in the world. After all, Olympians seem almost godlike in their physical perfection, and a city chosen to host the Olympics gets to play Mt. Olympus for three shining weeks.

It was as if a wallflower was suddenly chosen to be homecoming queen. It was the city's chance to become a global player. Recognizing the opportunity, Atlanta spent the next six years preparing to put a best face forward.

Suddenly there was collective embarrassment about the many homeless people in the downtown area. City officials "solved" that problem by imposing strict new laws criminalizing basic existence as a homeless person. Individuals were given one-way tickets to south Florida and were instructed to never return. Lower income housing developments were razed to make room for Olympic housing with vague promises of new and better housing after the Olympics. (Those promises were not kept.)

On January 8, the USOC selected Boston as the American candidate to host the 2024 Olympics. We haven't been chosen, but we've essentially been nominated to the homecoming court. With the USOC's nomination we now begin



KATHERINE BENNETT

a two-and-a-half year campaign to be the global homecoming queen.

Local news channels and the Boston Globe have reported extreme reactions to this news; both positive and negative. Coming off the adrenaline high of being "Boston Strong", many supporters conceive of Boston as the little city that could. The Boston 2024 committee has grand ambitions of raising Boston's a global profile. This effort would motivate Boston to improve public transportation and would create opportunities for architectural innovation that are uncommon for a mid-sized city.

Detractors liken preparing for the Olympics to signing up for a second round of the Big Dig. Comment streams under Boston Globe articles about the Olympics are mostly cynical about Mayor Walsh's motivations for seeking this nomination. Questions about who will profit from this effort are raised. Those who feel that not enough is spent on social welfare programs worry about limited funds being redirected to Olympic projects.

The Boston 2024 team has an answer for detractors. John Fish, the CEO of Suffolk construction who is widely understood to be the leader of the Boston 2024 effort has recused Suffolk construction from bidding on any Olympic projects to avoid a potential conflict of interest.

Some of you may recognize John Fish's name; he is the son of Edward Fish of Peabody construction and was raised in Hingham. Today, Fish lives in Milton and is understood to be one of Boston's top players in both business

and philanthropic circles, and currently chairs the Greater Boston Chamber of Commerce.

A recent Boston Globe article about the lack of political opposition to the bid was illustrated by a collage of local politicians including Governor Baker and Mayor Walsh peripheral to a giant photo of John Fish. The Globe's choice to publish this image begs the question: Who is really governing? Despite the Boston 2024 team's assurances that the Olympic effort would remain privately funded, Globe pundits (with the notable exception of business columnist Shirley Leung) seem skeptical.

In Tuesday's Boston Globe, it was reported that \$11 million of private funds had been spent on the domestic portion of the bid and \$50 million more will be spent on courting the International Olympic Committee as Boston does all it can to impress the approximately 100 individuals making up that committee.

In other words, Boston now must win a popularity contest with the global elite. There's \$50 million already budgeted for municipal nips and tucks that the savvy image consultants Boston 2024 can hire will outline. To win this beauty contest, Boston must conform to the tastes of the IOC panel, which means there is work to be done.

Atlanta had its image consultants as well. They determined that the homeless and those in lower income municipal housing made the city look bad and needed to be removed from public view. It wasn't that Atlanta had anything against "the less fortunate". But they became the proverbial broken eggs in the omelet that was the 1996 Olympics. Atlanta sold a piece of its soul to win a popularity contest.

Was that ruthlessness worth it? After an initial economic boom related to the afterglow of hosting

the Olympics, Atlanta struggles today. Real estate values are down, educated members of the millennial generation are leaving in droves, and the lower income housing problem is worse than it was in the 1990's.

I worry about Boston's homeless because unless the Boston 2024 committee actively seeks to balance the advice of image consultants with genuine concern for Boston's most vulnerable citizens, because the Olympics could divert resources that are the difference between life and death for our poorest citizens.

That said, there's quite a bit of brainpower on the Boston 2024 committee who are certainly aware that metro Boston has a serious housing crisis that is reflected in a mushrooming homeless population that exists far out of proportion with that of most US cities.

Atlanta made the classic mistake of putting all of its Olympic efforts into impressing elites by pretending to be a better city than it actually was. In an attempt to gain popularity, this former homecoming queen became ruthless.

My hope is that the city of Boston has enough self respect not to make the same mistakes Atlanta made. There's plenty of time to seek solutions that solve our housing crunch that are compatible with the inevitable spit and polish routine Olympic bidders must undertake. If Olympic efforts incorporate becoming a better city (instead of just looking better superficially) then the Olympics could be the best thing that ever happened to Boston.

The question we must all ask is: "Do we trust Boston 2024 to reflect our shared values?"

Katherine Bennett is a Hingham resident, mother of four, and regular columnist for the Hingham Journal, one of the Cohasset Mariner's sister newspapers.

LIBRARY CORNER



READING TIME: A young reader appears very cozy on a cold rainy night Monday bundled up with a book at the Pratt Memorial Library. WICKED LOCAL STAFF PHOTO BY CHRIS BERNSTEIN

Open book hour is Saturday

Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit the website at www.cohassetlibrary.org.

Open Book Hour: Saturday, Jan. 24, 2 to 3 p.m. Author Rosalind Cusckera of Quincy will talk about her book "Journey from San Rocco," a book based on her family history from 1918 through 2006. Books will be available for purchase. Free event.

Library Book Group: Join others for coffee and discussion at 10 a.m., on Wednesday, Jan. 28, to discuss the book "The Invention of Wings" by Sue Monk Kidd. All are welcome.

Movie Matinee: Enjoy a free daytime movie at the library at 11 a.m., Friday, Feb. 6. Sandwiches donated by Shaw's of Cohasset. Free admission.

Call the library for more information.

Sunday Author Talk: Author Richard Primack will talk about his new book "Walden Warming" at 4 p.m., Sunday, Feb. 8. A wine and cheese reception and book signing will follow Primack's talk. Free admission. Seating is limited.

iPad Workshops: Technology expert Katy Mayo will lead two 2-hour workshops on how to use an iPad. The first session will take place from 6:30 to 8:30 p.m., on Thursday, Feb. 12. The second session will be from 6:30 to 8:30 p.m., Thursday, Feb. 26. Attend one or both. Bring an iPad for a hands-on experience. Sponsored by the Friends of the Cohasset Library.

Art Exhibit: South Shore Art Center will present an art exhibit by Tony Pilla at the library through Feb. 28.

LIBRARY KIDS

Mamasteph always visits Mondays

The following events for children will take place at Paul Pratt Memorial Library, 35 Ripley Road. For more information, call 781-383-1348 or visit the website at www.cohassetlibrary.org.

Mamasteph: Mondays, Jan. 26, Feb. 2, 9, and 23 at 10:30 a.m. Funded by the Friends of the Cohasset Library.

LEGO Club: Mondays, Jan. 26, Feb. 9 and 23 at 4 p.m.

Puppet Story Time with Leigh and Friends: Tuesdays, Feb. 10 and 24, at 10:30 a.m., in the Story Room. Funded by the Friends of the

Cohasset Library.

Storytime: Tuesdays, Jan. 27, Feb. 2 and 17 at 10:30 a.m., in the Story Room.

Story & Craft: Thursdays, Jan. 29, from 10:30 to 11:15 a.m. Register now for all morning sessions. Each week a different theme will be explored using books and crafts. For ages 2.9 and older.

Story & Craft: Thursdays, Jan. 29, from 1 to 1:45 p.m. No registration required for the afternoon session. Each week a different theme will be explored using books and crafts. For ages 2.9 and older.

MARK YOUR CALENDAR

Civil War group meets

Sons of Union Veterans of the Civil War Satuit Camp 3188 meets at 7 p.m. the second Wednesday of the month at Grand Army Hall, 353 Country Way in Scituate.

The Sons of Unions Veterans of the Civil War (SUVCW) is a patriotic and educational organization.

Membership is open to males, ages 14 and older, who are direct descendants of a soldier, sailor, or

Marine who served during the Civil War. Junior and associate memberships are also available.

The camp will help prospective members with the paperwork to determine eligibility. Members do not have to be Scituate residents.

For information contact Conley Ford at cfordcon@comcast.net or call 781-545-0054. Camp webpage www.satuit-camp3188.org.

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WICKED LOCAL

Ad Council

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GEPA

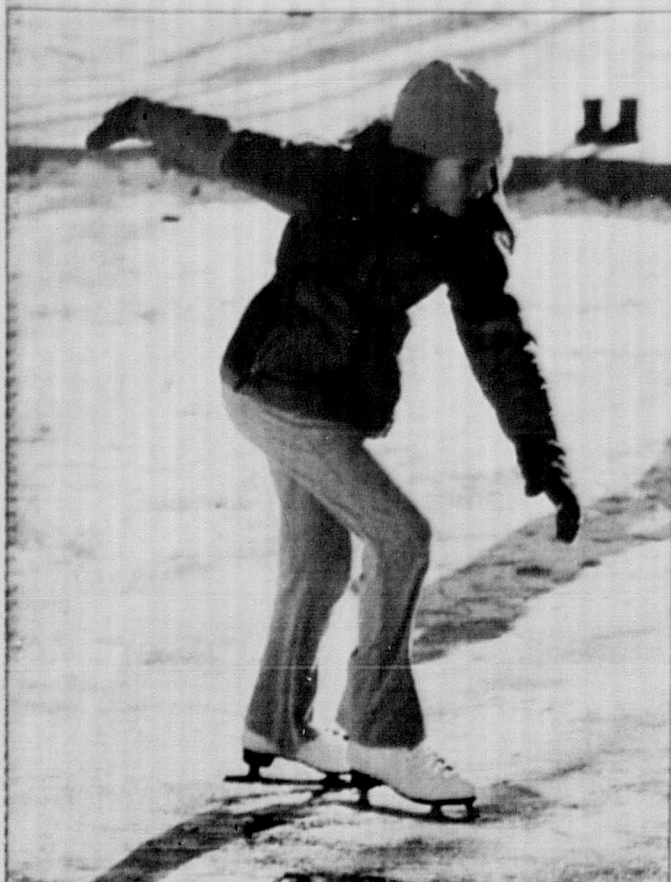
For more information log onto www.noattacks.org or call your doctor.

"I FEEL LIKE
A FISH
WITH NO WATER."

-JACOB, AGE 5
DESCRIBING ASTHMA

COMMON OCCURRENCE

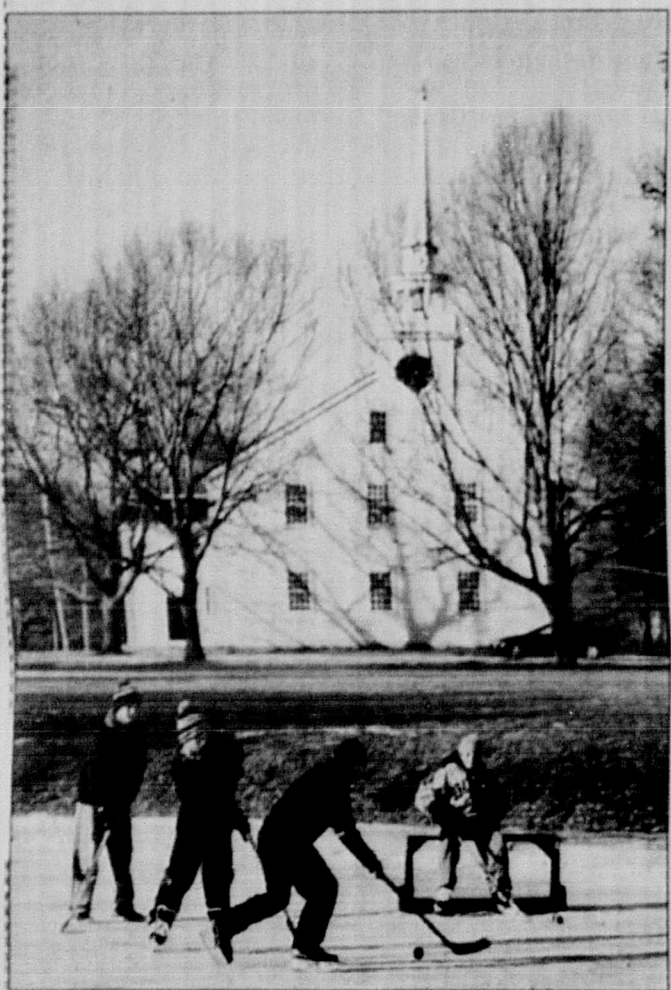
Skating on Meetinghouse Pond



Elaine Wixted, 10, tries to maintain her balance while skating with her friends.



Aidan Gildea, 14, shoots a shot on goal while he and his friends cast a long shadow on the ice while playing a pickup game of hockey on Meetinghouse Pond on Saturday.



Aidan Gildea, 14, looks to go on the attack while playing a game of pickup hockey with his friends.



Brian O'Halloran twirls his daughter, Abby, 7, around on the ice.



Alex Fine puts skates on the feet of his son, Aidan, 3, who is learning how to skate this year.



Alex Fine skates with his son, Aidan, 3, while he learns how to skate on Saturday.

Staff Photos by
Robin Chan



Right: William Grudinskis, 11, and Noah Jones, 12, cast a long shadow on the ice while playing a game of pickup hockey.

WICKED
LOCAL.com

Your town
on the web.

Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 40 -
Report No. 2
January 12-16, 2015



Senator
Robert L. Hedlund
(R Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Gov. Deval Patrick was very busy on Beacon Hill before he left office and signed several bills that were approved by the Legislature in the waning days of the 2014 session. The new laws include the following:

REPORT DRIVERS WITH SUSPENDED OR REVOKED LICENSES (H 4521) - Requires the Registry of Motor Vehicles to notify the local police department when the driver's license of a local resident is suspended or revoked. The notification is only required when the offense is a specific crime committed by the offender including vehicular homicide and drunken driving, and if the person is a habitual traffic offender or poses an immediate threat to public safety. Included in the notification would be the offender's name, address, license plate number, type of car and driving record.

Supporters said this would enable local police to spot and track drivers who are driving without a license. They noted this could prevent injuries and even save lives.

WINE SALES (H 4571) - Reinstates a law allowing small farmer wineries and cider makers in the Bay State to continue to sell their products directly to restaurants and liquor stores. This law was repealed by a section of a separate law approved in July 2013 that ended the ban on direct shipments of out-of-state wine to Massachusetts customers. Legislative leaders say the repeal was unintentional and an oversight.

Supporters said that without this fix, these farmers would be required to sell only through third-party distributors who might not even be willing to get involved in the low-volume sales of these items.

TAX EXEMPTIONS OFFERED BY LOCAL COMMUNITIES (H 4558) - Requires all cities and towns to submit to the state a list of all the exemptions, deferrals or other reductions from locally assessed taxes that are available to individuals in that community. The state would then compile a complete list of what each city and town offers. Currently, the state only tracks these tax exemptions and deferrals if they are reimbursed by the state.

Supporters said this will ensure that there is oversight and tracking of all these programs whether their costs are reimbursed by the state or not.

TOWN MEETINGS (S 2121) - Allows town moderators, after consultation with local public safety officials and selectmen, to recess and continue a town meeting at a future time, date and place because of a weather-related or public safety emergency. The bill also repeals the

current law that requires the moderator to be present at the physical location of the town meeting in order to declare the recess.

Supporters cited the example of the town of Georgetown, which had to postpone its town meeting during Hurricane Sandy but could only legally do so if the moderator actually braved the hurricane and went to the location of the meeting. They said this is unnecessary and dangerous.

STERILIZE MUSICAL INSTRUMENTS (H 4884) - Gives local cities and towns the choice to opt into a law requiring that schools inform parents of children who are using a borrowed wind instrument that while the instrument has been sanitized, parents have the option to also have it sterilized to eradicate all microbial life within the instrument. The school would arrange to have the instrument sterilized but the parent would be required to pay the cost. The law would only take effect in cities or towns that choose to adopt it. Wind instruments include the flute, piccolo, clarinet, oboe, trumpet and trombone.

The measure has been proposed for several years but has never made it through the entire legislative process until this year. In past years, some versions of the bill were stricter and would have required all schools that opt into the law to sterilize each wind instrument and also pay the cost.

Supporters of the tougher version point to studies showing that bacteria that cause strep and staph infections can thrive for months inside the instrument.

Supporters of the local option version argued it is a reasonable compromise and noted there is no proof anyone has ever contracted an infection from a musical instrument.

EXPAND PALLIATIVE CARE (H 4520) - Establishes a State Advisory Council on Palliative Care and Quality of Life and a Palliative Care Consumer and Professional Information and Education Program.

Supporters said the law will expand awareness of palliative care services and access to this system of patient-centered, family-focused care for those fighting cancer and other deadly illnesses. They noted that patients who receive palliative care live longer and more comfortable lives with reduced symptoms including less pain and nausea.

PATIENTS' RIGHTS (H 3804) - Requires Bay State inpatient mental health facilities to provide reasonable daily access to the outdoors in a manner consistent with a patient's clinical condition and safety as determined by

the treating clinician. The Department of Mental Health would issue regulations defining what constitutes reasonable access.

Supporters said this will ensure that these patients get outdoors and are not stuck inside. They noted that fresh air has been shown to have a therapeutic effect on patients.

MAKE MATERNITY LEAVE GENDER-NEUTRAL (S 865) - Changes the state's female-only maternity leave law to a gender-neutral one. The law gives parents of a newborn or adopted child eight weeks off, with or without pay at the discretion of the employer, and the right to return to their job after that period.

Supporters said this would bring this law into the current century. They noted it is outrageous that coverage is currently reserved for women.

ALSO UP ON BEACON HILL

BAKER TEMPORARILY BANS NEW STATE REGS - Gov. Charlie Baker announced a temporary ban until March 31 on any new state regulations except for ones that are essential for public health and safety or ones that repeal current onerous regulations. This ban comes on the heels of the Baker Administration's recently announced hiring freeze in the executive branch of state government.

During the gubernatorial campaign, Baker said that the regulatory environment in Massachusetts is one of the factors routinely cited by businesses as making it a difficult state in which to start or grow a business.

"WRITE YOUR OWN LAW" - Friday, January 16, at 5 p.m. was the deadline for legislators and citizens to file legislation for consideration during the 2015-2016 legislative session. The deadline, however, is not set in stone as many late-filed bills are admitted to the Legislature following the deadline but the vast majority of proposals are filed by January 16.

Massachusetts offers citizens the "right of free petition" — the power to propose their own legislation. A citizen's proposal must be filed in conjunction with a representative or senator. Sometimes a legislator will support the legislation and sponsor it along with his or her constituent. Other times, a legislator might disagree with the bill proposed by a citizen but will file it anyway as a courtesy. In those cases, the bill is listed as being filed "by request" — indicating that he or she is doing so at the request of the citizen and does not necessarily support it. Citizens who are interested in filing legislation should contact their own or any other representative or senator.

PATRICK TO MIT, COAKLEY TO HARVARD - The Massachusetts Institute of Technology announced that former Gov. Patrick will be a visiting fellow at the school's Innovation Initiative. Harvard University's Institute of Politics (IOP) at the John F. Kennedy School of Government revealed that outgoing Attorney General Martha Coakley has been selected as one of five 2015 IOP Spring Resident Fellows. The IOP was established in 1966 as a memorial to President Kennedy and aims to inspire, motivate and encourage undergraduates to consider careers in politics and public service.

According to an MIT press release, the Innovation Initiative provides "formal cross-campus organization and a corresponding set of programs expanding the Institute's capacity to contribute to global innovation. It aims to enhance MIT's 'innovation infrastructure' by accelerating the process for moving basic research out of the lab and into the market." The release notes that in layman's terms, this means creating partnerships among academia, industry and government.

Patrick will have formal office hours and is expected to make regular appearances at campus events and seminars.

As a Resident Fellow, Coakley will interact with students, develop and lead weekly study groups and have many opportunities to participate in the intellectual life of the Harvard community.

FORMER STATE SEN. DICK MOORE MAY JOIN OBAMA ADMINISTRATION - The resignation of Christie Hager, the previous regional director of U.S. Department of Health and Human Services (HHS), has left an opening that ex-Sen. Dick Moore (D-Uxbridge) has applied to fill. Moore, formerly a powerful part of the Senate leadership team, was defeated in his re-election bid in November by GOP Sen. Ryan Fattman. The director is appointed by President Barack Obama.

The region covers Massachusetts and the other five New England states — Connecticut, Maine, New Hampshire, Rhode Island and Vermont. The office is at the John F. Kennedy Federal Building in Boston's Government Center.

According to HHS's website, regional directors "ensure the department maintains close contact with state, local and tribal partners and addresses the needs of communities and individuals served through HHS programs and policies."

EVENTS

Arts Festival gets approval

By Erin Dale

edale@wickedlocal.com

A longstanding town event has gotten the stamp of approval for another year.

The Board of Selectmen voted unanimously (4-0) during their Tuesday, Jan. 20 meeting to conditionally approve the South Shore Art Center's application to hold the annual Arts Festival on the common on Friday, June 19 through Sunday, June 21. (Selectman Steve Gaumer could not attend Tuesday).

This year is the event's 60th, said SSAC Executive Director Sarah Hannan.

"It's a well-organized event with food, art, and music," Hannan said Tuesday. "We appreciate the use of the town common and all of the services we do get from the town in helping us pull it off."

During the Father's Day weekend event, around 100 artists and artisans will display and sell their wares in a large tent on the

"We appreciate the use of the town common and all of the services we do get from the town in helping us pull it off."

Sarah Hannan, South Shore Art Center

town common. The event also features live music the popular Strawberry Festival put on by the churches that surround the common.

In her event application, Hannan described the festival as a "signature event" which "involves three churches and brings people to Cohasset for the first time."

Hannan estimated that the festival draws around 8,000 spectators.

The board voted in favor of the event dates, conditionally approving the event application pending

sign-offs from necessary town departments and receipt of relevant permits.

Selectmen chair Diane Kennedy explained that the board is in the process of revamping the event application process so that all applications are done consistently. Applicants must also set up a meeting with public safety, the Department of Public Works, and other affected departments to develop traffic and safety plans, said Kennedy.

"We want to make sure if we approve this tonight, there might be a need to bring you back in to sit down with police, fire, and the DPW to make sure everything's taken care of," said Kennedy. "Part of meeting with the stakeholders is to ensure it's complete, and to make everybody go through same process so we don't miss anything."

Look for more on this issue in an upcoming edition of the Mariner.

OPEN MIC

Valentine's coffeehouse

Love is in the air at Ground Level! Whether you're coupled up or flying solo, you can come sing a love song at this month's coffeehouse. The family-friendly open mic night is on Friday, Feb. 6 from 7 to 10 p.m.

This coffeehouse is open

to all, so feel free to bring friends, family, neighbors, and anyone else you love! Come relax and enjoy the music, snacks, and, of course, coffee!

Ground Level takes place on the first Friday of every month in the Beechwood Church

basement (51 Church Street, Cohasset). For more information, visit beechwoodcc.org or call 781-383-0808. "Like" Ground Level on Facebook (www.facebook.com/groundlevelcaf) or follow on Twitter @GroundLevelCaf.

STATEHOUSE

Former candidate now working for Sen. Hedlund

By Mark Burridge

mburridge@wickedlocal.com

It turns out Joe Sheehan is involved in South Shore politics, just not the way he had originally planned.

Sheehan, who lost in the state rep. race against Josh Cutler, D-Duxbury, last fall, has taken a job as Communications Director for Sen. Bob Hedlund, R-Weymouth.

Sheehan said he had worked closely with Hedlund before when he was a legislative aid at the statehouse, and Hedlund remembered him.

"He was interested in having me come on board," Sheehan said. "We did a quick interview, and I was offered the job."

Sheehan said he has been a big fan of Hedlund's politics for many years, and he thought the position suited him well.

"I've never worked on

Sheehan said he has been a big fan of Hedlund's politics for many years, and he thought the position suited him well.

the Senate side before," he said. "I got a little added perspective."

Although Sheehan isn't ruling out another run for office, he said he doesn't think it will be coming anytime soon.

"I lost about 15 pounds and thousands of hours of sleep [during the campaign last fall]," he said. "It would have to be the right circumstance, I'm not in any big rush."

Sheehan said he told Hedlund before taking the job that he doesn't have any grand design for running again, and said he never intended to make it a career.

Now a few weeks into the position (Sheehan started in

early January), he said he is becoming familiar with the job. He said he handles press inquiries, and puts out communications on behalf of the senator. He said it is interesting how different the workflow is on the senatorial side than on the legislative branch, where he used to work.

"I had a catchall role there," he said. "With the state senate, the work gets divided more depending on expertise."

Ultimately, Sheehan said he thinks the position offers him the chance to help out the region.

"It's an opportunity to do some good," he said.

THEATER

One-act play festival

Cohasset Dramatic Club will again present "Briefs," its festival of 10-minute plays, on Friday, February 6, 7:30 p.m. and Saturday, February 7, 7:30 p.m. at the Cohasset Town Hall Theatre.

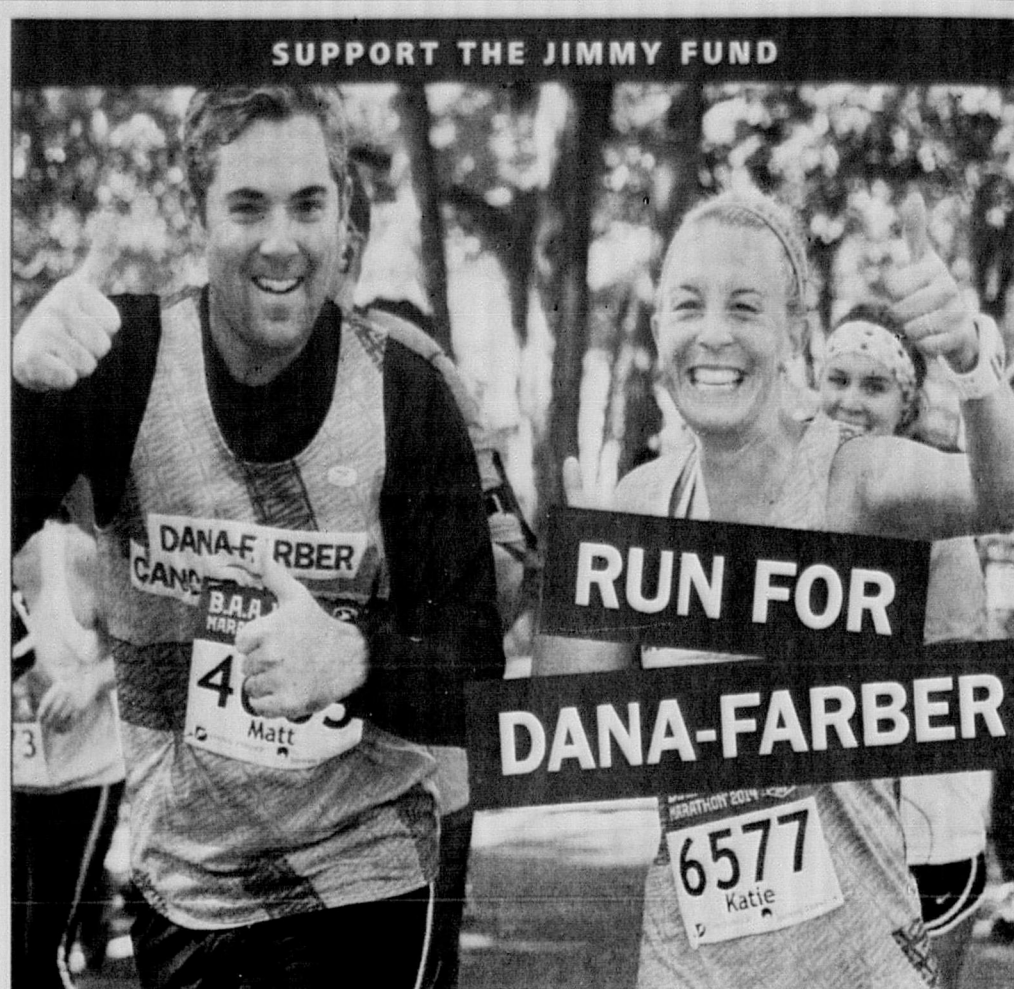
CDC is excited to bring back this entertaining

evening of short plays for all to enjoy. Directors and actors from throughout the metropolitan Boston area are featured, as well as original works from award-winning playwrights from across U.S.

Tickets are \$20 for the evening, which includes

cabaret-style seating, complimentary snacks, dessert and beverages, and seven 10-minute plays.

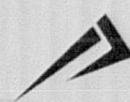
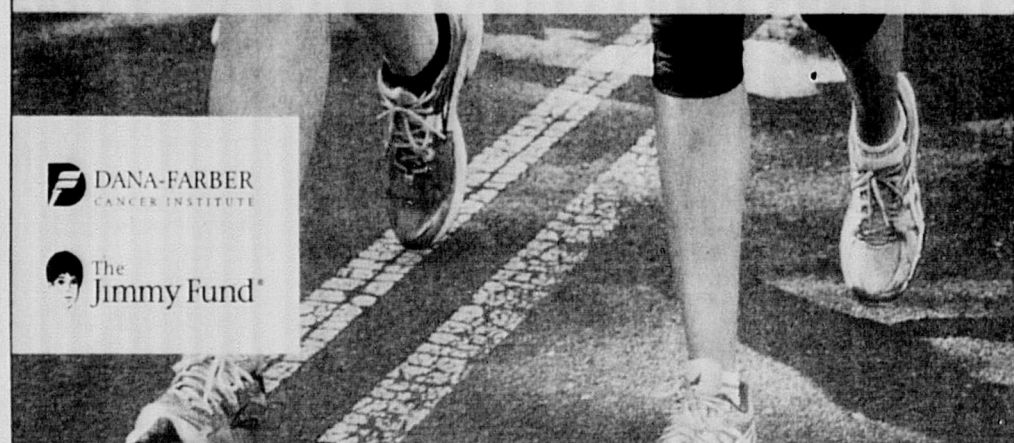
Tickets can be purchased at the door, or by calling 617-922-0280, or online at brown-papertickets.com/event/1149495.



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Third Prize

FIVE third prize winners will each receive a Gift Certificate to a local restaurant or entertainment event/venue.

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@wickedfavorites



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Full 2 Pack **\$20**
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SAVE 50-75% Our Biggest Art Sale Ever!

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15" high round or square
Many colors to choose from
Comp. \$20
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Twin **\$30** Full **\$40**
Queen **\$45** King **\$50**
Comp. \$50-\$90

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Twin **\$18** Full/Queen **\$22** King **\$25**

3 Piece Reversible Microfiber Pinsonic Quilt Sets

Twin **\$16** Full **\$18**
Queen **\$20** King **\$22**

3 Piece Reversible Cotton-rich Quilt Sets

Twin (2pc) **\$30** Full/Queen **\$35**
King **\$35**

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2 Pair Boot & Glove Dryer
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Indoor/outdoor
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For hard surfaces or carpets,
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7-Fin Oil Filled Radiator
White or black
Thermostat
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Men's & Ladies Fleece Lounge Pants
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Men's & Ladies Flannel Pajama Pants
Comp. \$10
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Enviro Log Firelog
5 lb. • 3 hour burn
\$13 CASE of 6
Single Log **\$2.99**

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Switch from warm to cool.
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Infrared Quartz Tower
Comp. \$199
Our Reg. \$149
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8 Element Infrared Quartz Heater
Comp. \$249
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Famous Labels Men's 3 Pack Crew Socks
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SPORTS

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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Coaches, players, parents, please send your stories, photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scisportsguy

SUPER BOWL

Pick em'

The New England Patriots are going back to the Super Bowl and we want to know what you think.

Send us your pick for who's going to win the big game, and why, and look for your picks here in the paper.

Keep it clean, and give us your name and town (yes, this one is open to all) and have a little fun.

If you have an MVP picked already, tell us.

Send your comments to wwassersug@wickedlocal.com, tag it Super Bowl and we'll have some fun.

You can also tweet your calls to @scisportsguy and we'll pass those on as well.

SPORTS ROUNDUP

Girls hoops, hockey wins

Girls Basketball

Junior Emily Rosano scored 24 points for the Skippers and junior Meg Rosano, Emily's twin sister, scored 15 points Tuesday as Cohasset improved to 7-4 with a 56-44 win over South Shore League rival Randolph.

That win came on the heels of a 54-42 win over East Bridgewater, Friday night.

Meg Rosano led the way with 17 points for Cohasset in that victory.

Girls Hockey

Shea Kearney had another huge outing Wednesday as she notched a shutout in a 1-0 win over Norwell at Randolph's Zapustas Arena, picking up a point in the Skipper-Clipper Cup rivalry to cut Norwell's lead to 12-8.

Valerie Farren scored the game's lone goal.

Swimming

In the pool, Cohasset scored an 83-68 win over Blue Hills Tuesday.

Gymnastics

The Cohasset/Norwell gymnastics team battled Bridgewater-Raynham/West Bridgewater and Brockton Saturday and scored 121.9 for second place behind BR/WB's 134.85.

YOUTH BASEBALL

Hingham Harbormen Baseball Clinic

The Hingham High School baseball team, with State Champion coach Frank Niles, will host a baseball clinic open to all players Age 8 to Grade 8 the week of Feb. 20 from 3 p.m. to 6 p.m.

The clinic will be at Cohasset Sports Complex, 34 Crocker Lane, Cohasset.

The cost is \$75 per player.

Make checks payable to: Hingham Baseball Boosters and mail to Allyson Lussier, 264 South Street, Hingham, MA 02043.

For more information, email hhsbaseball2015@gmail.com

Complimentary pizza and refreshments will be served.

Boys Hockey

Congratulations to the Cohasset boys hockey team for a 4-4 tie with Norwell, Wednesday night at the Bog. Norwell came into the game undefeated.

WRESTLING

Rock and rolling

Grapplers pin win on Rockland

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset wrestling team followed its impressive performance at its own tournament last Saturday with a big 56-24 South Shore League victory over

Rockland last Wednesday night.

The Skippers got pins from Dan Varney (108), Dan Durkin (113), Drew Skolnick (126), Xander Schubert (132), Grant Guempel (145), Conor Naughton (152), Nick Hall (170), and Hayes Kinley (182). Matt Froio (195) scored a 9-1 win.

The win improved the

Skippers to 3-7, but more importantly kept them undefeated at 2-0 in the South Shore League.

"This was the biggest match for us," Cohasset coach Torin Sweeney said. "We've faced a lot of good teams in the early going and we've had two juniors out. Cole Sullivan

SEE WRESTLING, B2

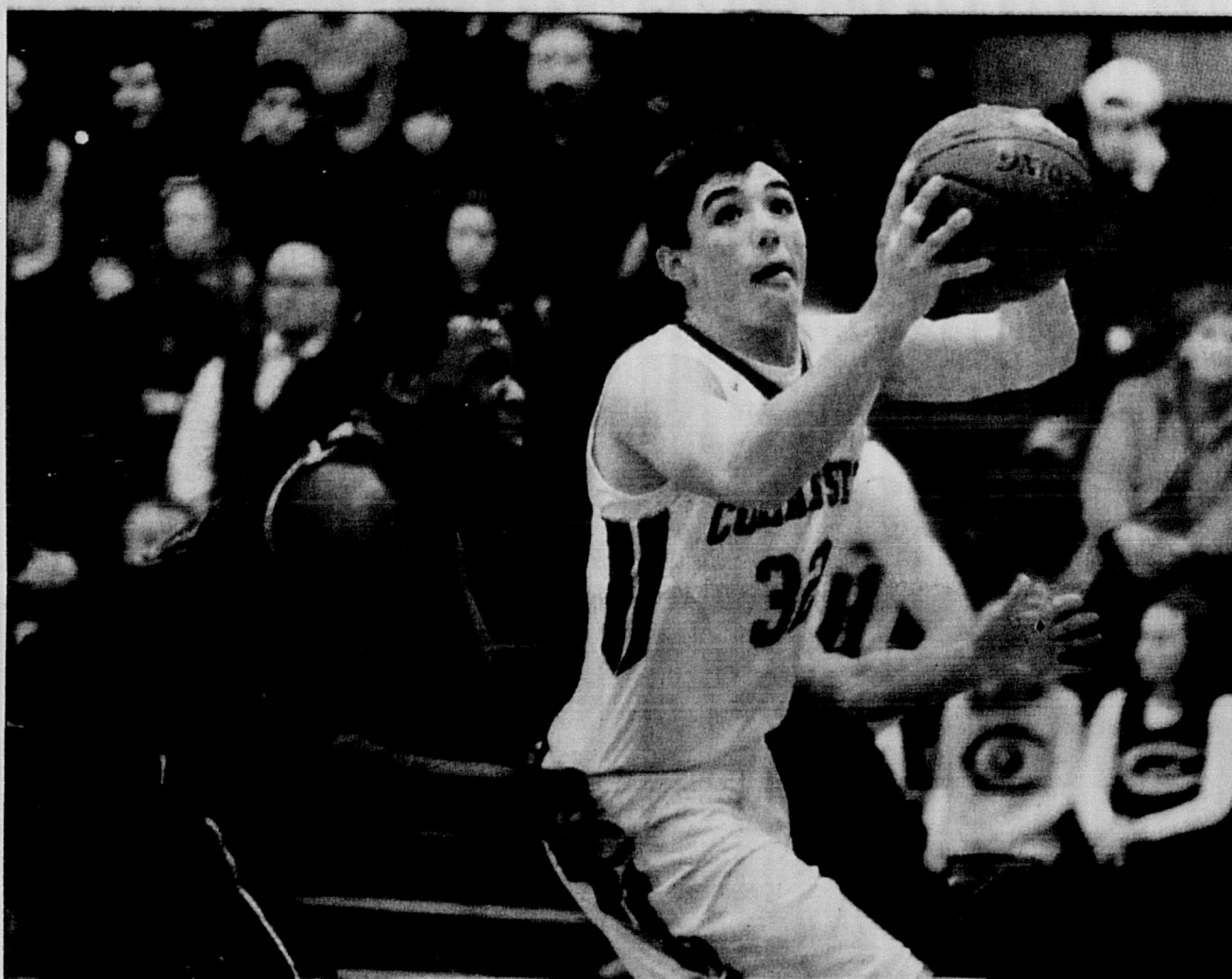


Cohasset's Grant Guempel battles in the 138 weight class at last Saturday's Cohasset Wrestling Tournament. Guempel finished sixth in his division, then came back with a pin against Rockland in the next meet.

WICKED LOCAL PHOTO / WILLIAM WASSERSUG

BOYS BASKETBALL

Skipppers in uncharted territory



Cohasset's Alex Norton goes up for a shot on Tuesday night against Randolph. Norton finished with 10 points in the game. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

Boys look to end three-game skid tonight at Hull

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys basketball team has a new challenge to face Friday night when they head to Hull for a South Shore League battle - stopping a losing streak before it becomes a season killer.

After starting the season 8-0, Cohasset has dropped it's last three games, a run that hasn't happened since coach Bo Ruggiero has been with the team.

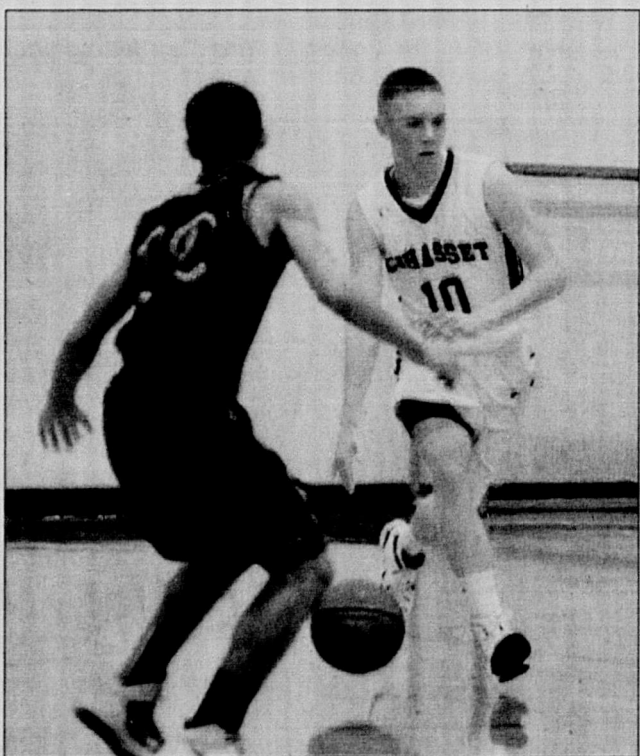
It isn't that Cohasset is playing poorly- they're not, in fact they've been battling very good teams to the wire, but haven't got the results.

Tuesday was one of those nights.

Playing just a six-man rotation, the Skippers (8-3, 4-3 SSL) had trouble getting shots to fall late and lost a tough 58-51 game to visiting Randolph in a South Shore League battle.

"They're a good team, maybe the most talented we've played this season," Ruggiero said. "We rose to the occasion several times, we had three guys in double figures but we only played six guys. We missed some shots at the end that they turned into baskets. It seemed closer than a six-point loss. At

SEE BBALL, B3



Cohasset's Teddy Craven brings the ball up court against Randolph, Tuesday night at the Skipper Dome.

POPPIN' OFF



WILLIAM WASSERSUG

Super Bowl and Deflate Gate on the mind

If true does it tarnish Bill and Tom?

The Patriots are headed back to the Super Bowl and that means the next couple of weeks are going to be really crazy in the New England region.

For two long weeks, we will be learning everything we wanted and didn't want to know about the Patriots and Seahawks, including things we really don't want to hear about - a little thing now called DeflateGate.

Instead of hearing about all the great, and I mean great things the media and fans could and should be talking about this week, the news has turned to the Patriots cheating yet again.

The Patriots allegedly have been caught taking air out of game-footballs used in the AFC Championship game against an overmatched Colts team, something they clearly didn't have to do for a competitive advantage against well, the Colts.

If this is true, I just want to know why.

Why would possibly the greatest coach ever (we'll get to that later) do something so trivial that could tarnish his legacy.

I mean seriously, there's already a South Park episode all about Spygate, from the South Park!

SEE SUPER BOWL, B2

BOYS HOCKEY

Icemen split pair of games during week

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys hockey team played a couple of games over the week and came away with a win and a loss as they headed into Wednesday's showdown with undefeated Norwell.

Saturday, in non-league action, the Skippers improved their record to 6-1-2 with a 6-1 victory over East Longmeadow. Senior captain Jeff Powers led the way with 2 goals while

classmate Curtis Golden and Sophomore Cole Joslin each contributed a goal and 2 assists.

Senior Adam Benson and Junior Kyle O'Brien rounded out the scoring for Cohasset. Junior Liam McHugh picked up the win in net with another solid effort.

"We had some players out due to sickness and injury, and the team responded with an outstanding effort," Cohasset coach Phil Mahoney said. "Kids like Joe Cavanaro stepped up and

played significant minutes to help secure the win. We have improved a great deal and there is a much better understanding of how we need to approach the game as a team. Our lines are believing in each other, moving the puck, and finishing with more success."

O'Brien got the scoring going with a goal from Golden and Joslin in the first period, and Golden added one in the first.

Benson, Joslin and Powers each added goals in the

second period and Golden finished the scoring with help from Joslin in the third period.

The next game, Monday didn't go as well, as Pembroke jumped out to a 3-0 lead that pretty much put the Skippers out of reach in a 4-3 loss.

In this non-league contest, the Skippers fell behind 3-0 and were never able to recover.

Ten penalties and undisciplined play cost Cohasset dearly. Seniors Jeff Powers

and Mike Lund and sophomore Mike Cohen each registered solo goals.

Junior goaltender Liam McHugh made 19 saves in the losing effort.

"We did a lot of good things today, but you can't win a game at any level with 10 penalties," Mahoney said. "We had some positional breakdowns and miscommunication. All of those are easy fixes. We need to focus on keeping our composure as a team and playing three periods of solid hockey."

GIRLS HOCKEY

Shutout victory

The Cohasset/Hanover girls hockey team got yet another fantastic performance from goalie Shea Kearney Tuesday as she pitched a 1-0 shutout over

Norwell at Randolph's Zapustas Arena. Valerie Farren scored the game's lone goal. The girls face Scituate on Saturday and host

Quincy, Wednesday night in Randolph. After that, the girls close out January with a 12:45 game Jan. 31 against Ursuline.



Shea Kearney

WRESTLING

From Page B1

is out with a non-wrestling related injury, and Sean Mavilia, one of our top guys, is also out. We're hoping to have him back soon. That will be a big boost for us. We've been plugging holes with freshmen and learning on the fly. I'm really proud of the guys. They've worked hard the past two weeks."

For the Rockland win, Hall, Kineley and Froio all wrestled

up a weight class.

One reason was to give Froio a tougher challenge.

"The kid that won the division at our tournament (Pearse McNally) was wrestling tonight," Sweeney said. "We thought that he would be a good match for him (Froio)."

Cohasset was back in action Saturday in a home quad with Scituate, Duxbury and Bristol Aggie.

In that one, Cohasset fared well, taking two of three on the day. In the quad, Scituate notched a 51-12 win over the

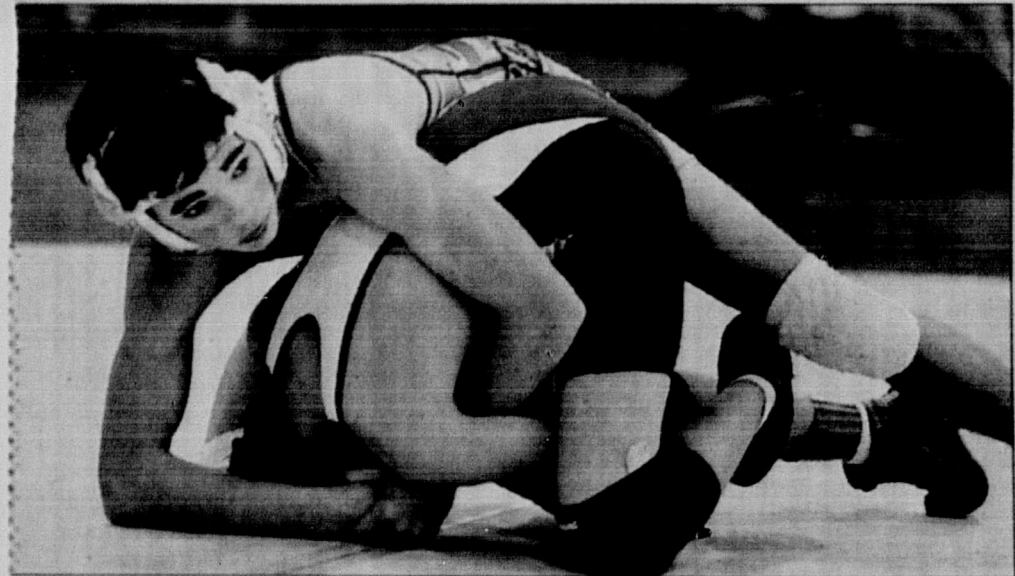
Skippers, but Cohasset beat Bristol Aggie 45-30 and Duxbury 36-33.

The Sailors swept, with a 54-22 win over Duxbury and a 48-21 win over Bristol Aggie.

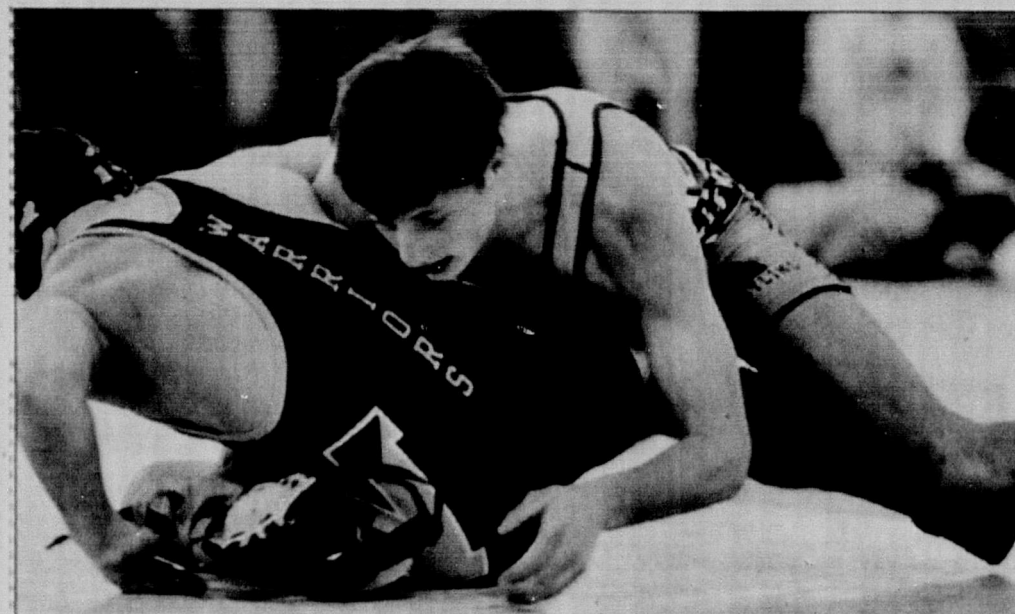
Cohasset was in action Wednesday night against Hanover.

Results were unavailable at press time.

—Visit Cohasset.wickedlocal.com for more, or get the latest results by following @scifisportsguy and @cohassetsports on Twitter.



Cohasset's Dan Varney finished fourth at 106 at the Cohasset Wrestling Tournament, then won by pin against Rockland. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG



Despite losing his headgear for a moment here, Cohasset's Nick Hall won two matches at the Cohasset Wrestling Tournament, Jan. 10, then won his match at 170 by pin against Rockland last Wednesday.

HOCKEY

Bruins win shootout

South Coastal Hockey League roundup

By Mark Ducharme
Correspondent

The Bruins and Canadiens needed a little extra to decide their South Coastal Hockey League Classics Div. game.

Tim McCrystal scored the only goal of the shootout in the final round to give the Canadiens a 2-1 win over the Bruins to stay undefeated in the Classics Div.

Both of the goals in regulation came in the first period as Tim Curran of Cohasset scored for the Canadiens while Marshfield's John Zimmer scored for the Bruins.

Bob Wesslinger scored two goals and Sean Taylor added a goal and three assists as the Black Hawks

pulled out a 5-4 Classics Div. win over the Red Wings. Tony Rota and Norwell's Mike Murray added a goal each and Mike Sweet had two assists for the Hawks.

Pembroke's Brian Hurcombe scored three goals and Pat Burke had a goal and three assists for the Red Wings. Tom Pipenbrink had two assists in the game for the Wings.

Joe McCafferty had three goals and two assists while Jeff Gauthier added a goal and five assists in the Maple Leafs 7-2 win over the Rangers in a Classics Div. game. Jim Bristol added two goals and three assists, Hingham's Pat Burke scored a goal and Tim Ryan had two assists for the Leafs.

Jeff Uva and Paul Lafond each scored a goal and assists on another for the Rangers.

Charles Ryan scored a

goal and set up two others in the Saints, 4-2 Legends Div. win over the Toros.

Pembroke's John MacLellan added a goal and an assist, John Davey and Jim McNeill had a goal each for the Saints.

Paul Lyons of Pembroke scored both of the goals for the Toros.

Mike Purdy and Scituate's Bill McMahon scored a goal each as the Whalers battled the Crusaders to a 2-2 tie in a Legends Div. win. Jim Callahan scored both of the goals for the Crusaders.

Tim Fallon, Mike Crisp, Daron Jacobs of Pembroke, Mike Valenti, Jay Faherty and Bob Donahoe scored a goal each to lead the Sharks to a 6-0 win over the Stingers in a Legends Div. matchup. Mike Zuccarelli and Art Riccio each had two assists and Hanover's Greg Smith recorded the shutout.

SUPER BOWL

From Page B1

Here's a quote from resident bad boy Eric Cartman, parodying the movie Stand and Deliver, on the subject of cheating, a thought that if DeflateGate is true, is even more relevant for next week, win or lose. It just looks bad.

"Just before the last Super Bowl, Bill Belichick gathered his football players and said, let's win this one for real, just this one time, let's not cheat. You know what happened? They lost. Even if you feel all eyes are upon you, you can't give up on cheating..."

That episode was in 2008, season 12, not long after the Patriots perfect season went down in flames to the Giants.

I want to believe in Bill, and hope it turns out to be wrong, and I really hope Tom Brady is not a part of it, but should it be true and Belichick is involved, it might be time to think about looking in a new direction for the team.

Yes, winning is everything in the NFL, but what kind of an example is it for kids who look up to these guys?

It stinks. It undermines the obvious accomplishments of the organization. Cheating for the sake of cheating is just plain dumb.

Yes, at that level everyone does it. Jim Rome sums it up in a sarcastic light - "If you're not cheating, you're not trying," is his motto.

Al Bundy of Married With Children fame has a similar mantra - "It's only cheating if you get caught," he says.

Well Coach, you've been caught, and that is just plain embarrassing, especially because your team didn't need to do it.

I'm still holding hope that the scandal will turn out to be a conspiracy set up by Rex Ryan and Richard Sherman, with help from a Seahawks fan who works at Area 51 and used alien transporter

technology to replace the game balls at just the right time to bust things up, but that probably isn't happening, so who knows why or what is really going on.

I've heard Las Vegas is taking bets on the outcome. Will there be another scandal before the game? Will it be someone sleeping late? Footgate II? Don't know, don't want to. I just hope this is as bad as it gets and we don't get another Ray Rice style incident by anyone.

As for what we should be talking about, barring SpyGate and DeflateGate, it all starts with the obvious - Tom Brady making his sixth trip to the Super Bowl - most ever for a quarterback and tie for most-ever all time.

There's the Belichick/Brady combination storyline that will be played out over and over.

Yes, they are on the short-short list as the greatest coach/quarterback combination in the history of the game. That will be solidified with a win over the Seahawks, who opened the official betting line Sunday as favorites.

There's good reason for that, as Seattle is the defending Super Bowl champion, and as we here in New England know all to well, it's been 10 years and two losses in the big game since the Pats won the big one.

This time seems a little different though.

For one thing, Eli Manning and the Giants aren't involved.

There's no extra pressure to do the whole perfect season thing like 2007, and unlike the last Super Bowl loss, the Patriots come into this year's game with a physical, hard hitting defense that can get off the field on third down and win a close, low scoring game.

That is a big factor against Seattle and their hard-hitting, physical defense that will give the Patriots trouble, much like the Ravens did.

Still, I'll make a call here that the Patriots are going to win this game.

On that note, I want to hear what you think.

Who will win next week? Send me some mail to wwassersug@wickedlocal.com with your prediction and a sentence or two backing up your reason and we'll pick the best and run them next week.

If you have an opinion on DeflateGate, I'm listening, although I hope by the time next week's paper is out that it will be a non-factor.

My pick is complete and total guess-work and homerism, possibly wishful thinking, but after watching both games, Seattle underwhelmed me against the Packers.

If you saw the game or highlights, you know what I'm talking about. Seattle had no business winning

that game (although they are still the team I had picked from mid-season on to be in the Super Bowl).

Green Bay handed that game over, and will probably hand over a coaching position (hint, cough, cough special teams).

The muffed onside kick, the non-existent defense on the two-point conversion, the non-existent Green Bay defense on two long passes in overtime. Those things won't happen to the Patriots. That's where coaching comes in, and Belichick and Co. are too good to let things like that happen.

Special teams are a priority with the Patriots. They don't make those mistakes. With Revis Island, the long bombs don't work nearly as easily as they did in that overtime.

One thing to throw out in the guesswork is the score of the AFC Championship game.

The Colts just didn't have even close to the guns to take down a Patriots team that has their number and has had it for the past few seasons.

Andrew Luck is going to be a great quarterback in the NFL, but not this year, at least against the Patriots.

I must admit, early in the season, I was off the bus when it comes to the thought of the Patriots winning the Super Bowl, or even making it.

Does anyone remember how bad the Pats looked early on.

Brady looked cooked. The offensive line looked worse, and we won't get into the whole Logan Mankins trade.

The defense looked nothing like the group that totally dominated the Colts Sunday, although I do question if they can stop Seattle's running game in the Super Bowl.

I'm guessing that two weeks to plan, the Patriots brain trust will figure something out. They have to because as I'm hearing on the radio, does anyone think Pete Carroll can out-coach Bill?

I know Carroll is the defending champ. He had a powerhouse at USC (until he was about to get caught), but he was a debacle here in New England, and with the Jets before that, kind of like Bill in Cleveland.

I am truly excited about this game. The same way that I was in 2007 when I was at Disney World and had a pocket TV stashed in my pocket just in case I couldn't get home in time for kickoff (I did, and almost wish I didn't, but I lived and worked there, so no foul on cutting out early).

I don't know, but I do know that I'll be glued to the TV a week from Sunday. If things go south, there's always Puppy Bowl and the new Kitten Bowl to watch.

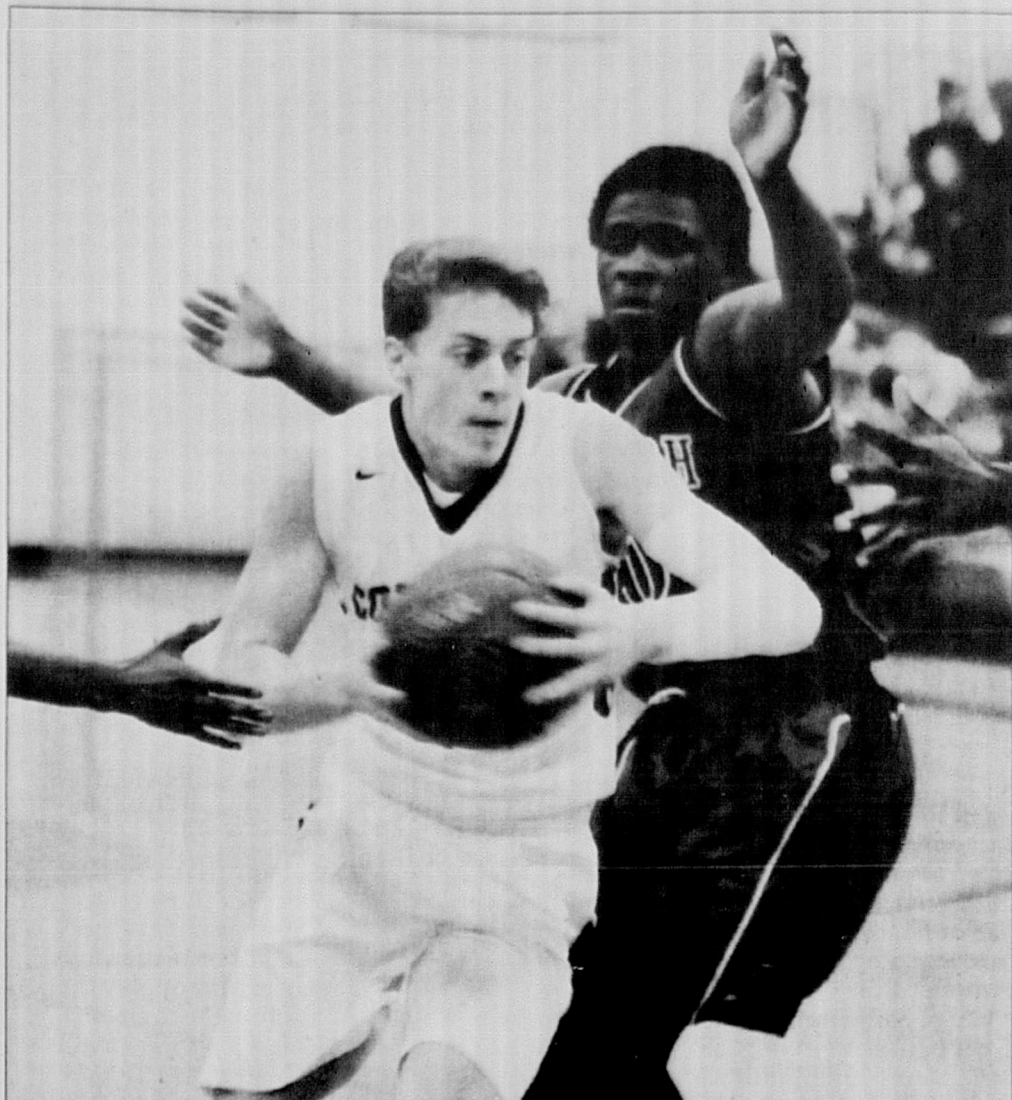
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Cohasset's Harrison Martin drives to the hoop on Tuesday night against Randolph.
WICKED LOCAL PHOTOS / WILLIAM WASSERSUG



Cohasset's Teddy Craven waits to make a move as Randolph's Terrell Davis defends on Tuesday night.



Cohasset's Teddy Craven looks for a passing or driving lane against Randolph's defense on Tuesday night. COURTESY PHOTO / KATY WASSERSUG



Cohasset coach Bo Ruggiero has a word with his bench, Tuesday night against Randolph.

BBALL

From Page B1

the end we had good shots. We just didn't complete the process."

With just six playing, Ruggiero said he was pleased with a few aspects of the game.

"Freshman Chase Bomeisler handled the situation well," Ruggiero said. "He did well under pressure."

In the two previous games, losses to Mashpee (42-35) and East Bridgewater (42-41), circumstances were different.

"We had a bad week last week," Ruggiero said. "Against Mashpee we didn't play with the intensity and passion my teams are known for and took it on the chin. With East Bridgewater they won at the buzzer. It was the last shot of the night."

Both East Bridgewater and Randolph are in higher divisions than Cohasset, a fact not lost on the coach.

"Tonight and East Bridgewater show we can be competitive with anybody," he said. "You can't win all the time. Those teams are in our league. We play them. We're looking forward to Friday night at Hull and getting back in the win column."

One thing Ruggiero didn't agree with was the thought that the losses will help come playoff-time.

"That's overrated," he said. "We play in the South Shore League. There are big schools and small schools. We play them all."

As for the rotation, Ruggiero said his guys are giving everything.

"Harrison Martin had a



Alex Norton looks for an opening on Tuesday against Randolph.

good night. Every one of the guys who play do a good job," he said. "We're limited in substitutions because our bench is very inexperienced and very young, so the guys (playing) get gassed and they have to work through it."

Martin led the scoring for the Skippers against Randolph with 15 points, and Pat Federle added 12.

Ruggiero said the three game losing streak is a first.

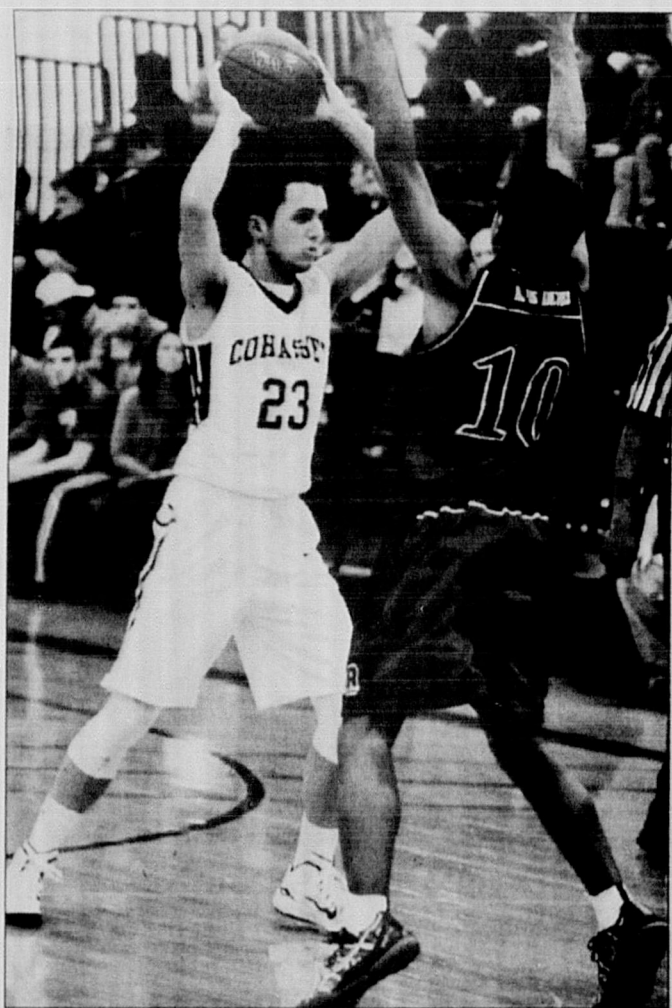
"Three is a record here," he said. "We haven't lost three straight since I've been here."

The Randolph game was a bit of an eye-opener, Ruggiero said, because it was winnable.

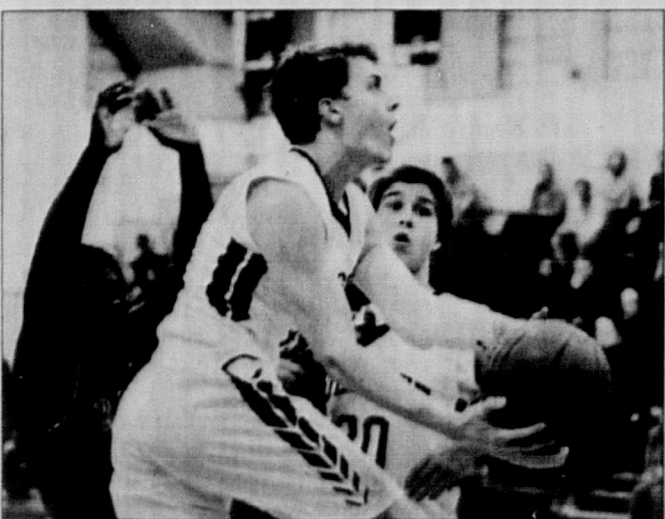
"This loss might be the catalyst for us, quite frankly," he said. "I thought we played well enough to win, but remember, well enough doesn't count. We'll be back at it tomorrow and see how we'll do Friday. We'll be back."



Pat Federle looks to drive to the hoop Tuesday against Randolph.



Cohasset's Pat Federle looks to pass around Randolph's Anthony Fernandes on Tuesday night.



Cohasset's Harrison Martin goes up for 2 of his team-high 15 points against Randolph, Tuesday night at Cohasset High School.

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SATURDAY



Director Lyn Previte teaching students about nature. PHOTO COURTESY OF CHRISTINA WARD PHOTOGRAPHY

Sweet Relief to host open house

Sweet Relief Nursery and Preschool, is hosting an open house from 10 a.m. to noon Saturday, Jan. 24. Parents and caregivers will have the opportunity to receive information about the school and its curriculum, including a tour of the schoolhouse and an opportunity to meet with staff and current Sweet Relief parents. Sweet Relief is located at 38 Summer Street in Cohasset, right outside the village with easy access to/from Route 3A.

Sweet Relief is a private early education learning

center, licensed by the Massachusetts Department of Early Education and Care and owned and operated by Ms. Lyn Previte. Ms. Previte has more than 20 years experience in early education.

Ms. Previte and her staff follow the Massachusetts Department of Education curriculum guidelines, and Sweet Relief's low student to teacher ratio allows the staff to develop a specific teaching approach that best matches each student's needs.

Sweet Relief programs, designed for children ages 20 months to 4 years, run

Monday through Friday from 8:30 a.m. to noon and noon to 3:30 p.m. during a 10-month school year, allowing children time for open-ended play, academic challenges, and growth.

Sweet Relief's curriculum also includes enrichment programs to offer students exposure to the arts, academics and physical health.

For more information call the school at 781-383-9723, email sweetrelief143@aol.com, visit www.sweetreliefnurseryandpreschool.com.

CMHS

Career Night plans underway

A big part of educating children involves post secondary planning. Community members can be a tremendous resource to students going through this process. As part of an ongoing effort to support students as they ponder future study and explore career paths a joint community venture

to sponsor a Career Night for Cohasset High School students is being formulated.

Local professionals from all career paths are needed to serve as a resource for students and participate in the first Career Night on Tuesday, March 10, at Cohasset Middle High School. Featured will be

a panel discussion where people can share stories on how they got to where they are and the unexpected turns taken to get there.

Those who wish to participate can contact committee chair Ellen Maher at ellenmaher63@comcast.net or call 781-383-9513 and leave a message.

OSGOOD SCHOOL

Preschool and kindergarten registration

Kindergarten registration for the 2015-2016 school years will begin on Tuesday, Jan. 27. Children who turn age 5 on or before Sept. 1, 2015 are eligible. Registration will be at the Osgood School daily from 10 a.m. to 2 p.m. A \$300 deposit will be required for the full day program. Parents are encouraged to register early to facilitate planning for programs; a birth certificate and proof of residency are required for kindergartners in order to register. Call the school office at 781-383-6117 if you have

any questions.

Preschool registration for the 2015-2016 year began on Tuesday, Jan. 20. Children who turn 3 or 4 by Sept. 1, 2015, are eligible to register for the Osgood Preschool Program, which is held four half days per week (Monday through Thursday.) Entrance to the preschool program is based on a lottery system. Registration applications should be returned to the Osgood School no later than Friday, Feb. 6. The lottery will be held on Tuesday, Feb. 10, and

parents will be notified immediately following. A \$200 deposit will be required to hold a space for those selected. A birth certificate and proof of residency must accompany applications.

A Preschool Open House for parents will be held at the Osgood School on Friday, Feb. 6, from 10:30 to 11:15 a.m. Parents will have an opportunity to meet preschool teachers and support staff and to view the classrooms and facilities. Call the school office at 781-383-6117 if you have any questions.

NYC DAY TRIP

New York, New York!

Gather some friends and enjoy a Spring day in New York City! A deluxe motor coach leaves Cohasset Town Hall at 6 a.m. on Saturday, May 9th and arrives in New York City at approximately 10:30 a.m. The bus has a Midtown drop off near Rockefeller Center and pick up at 7 p.m. sharp behind St. Patrick's Cathedral. Youth under 18 must be accompanied by an adult. Fee: \$49 per person. The Recreation Department can provide

suggestions for possible activities to engage in but ultimately the fun of New York City is all up to you.

Rockefeller Center is home to over 40 restaurants, more than 100 shops, and countless attractions. Take in a show — get up to 50 percent off ticket prices at the TKTS booth at the Marriott Marquis Hotel in Times Square. Treat your family to a horse and carriage ride through Central Park. Teens would enjoy the virtual

tour of NYC located on the 2nd floor of the Empire State Building. And if you haven't had enough of a bus ride — you can see the City and the sights by taking the Gray Line Buses with unlimited hop-on/hop-off.

It's the perfect itinerary for fun and fresh air while you enjoy all that Manhattan has to offer (and someone else does the driving!) Space is limited. Sign up at cohassetrec.com

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Ballots must be received by Wednesday, February 11, 2015 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 22nd.



Wicked Local Favorites



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LOCAL**Local Shopping***Business/Place Name**Town*

- 1 Men's Clothing Store _____
- 2 Women's Clothing Store _____
- 3 Children's Clothing _____
- 4 Optical Shop _____
- 5 Shoe Store _____
- 6 Bookstore _____
- 7 Photography _____
- 8 Frame Store _____
- 9 Gift Shop _____
- 10 Jewelry Store _____
- 11 Florist _____
- 12 Sporting Goods Store _____
- 13 Toy Store _____
- 14 Pharmacy _____
- 15 Liquor Store _____
- 16 Furniture Store _____
- 17 Carpet/Flooring Store _____
- 18 Appliance Store _____
- 19 Home Decorating Store _____
- 20 Hardware/Home Improvement Store _____
- 21 Garden Store/Nursery _____
- 22 Antique/Vintage Store _____
- 23 Consignment Shop _____

Local Services

- 24 Hair Salon _____
- 25 Day Spa or Massage _____
- 26 Manicure/Pedicure _____
- 27 Tanning Salon _____
- 28 Health Club/Yoga Studio _____
- 29 Weight Loss Center _____
- 30 Doctor/Primary Care Physician or Pediatrician _____
- 31 Dentist or Dental Office _____
- 32 Chiropractor _____
- 33 Daycare/Preschool _____
- 34 Dry Cleaner/Tailor _____
- 35 Auto Service/Repair _____
- 36 Community Bank _____
- 37 Insurance Agency _____
- 38 Dance/Gymnastics School _____
- 39 Retirement Living Residence _____
- 40 Pet Services _____

Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

Local Flavor*Business/Place Name**Town*

- 41 Bagel Shop _____
- 42 Restaurant For Breakfast _____
- 43 Restaurant For Lunch _____
- 44 Restaurant For Dinner _____
- 45 Fine Dining Restaurant _____
- 46 Italian Restaurant _____
- 47 Pizza Place _____
- 48 Thai Restaurant _____
- 49 Mexican Restaurant _____
- 50 Indian Restaurant _____
- 51 Seafood Restaurant _____
- 52 Chinese Restaurant _____
- 53 Sushi Restaurant _____
- 54 Restaurant For Takeout _____
- 55 Restaurant For Steak _____
- 56 Bakery _____
- 57 Coffee Shop _____
- 58 Ice Cream Shop _____
- 59 Deli _____
- 60 Butcher Shop _____
- 61 Fish Market _____
- 62 Bar _____
- 63 Caterer _____

Regional Favorites

- 64 Hospital _____
- 65 Limo/Car Service _____
- 66 Hotel/Motel/Inn/B&B _____
- 67 Beach _____
- 68 Golf Course _____
- 69 Museum _____
- 70 Place To See Theatre _____
- 71 Place For Family Entertainment _____
- 72 Summer Camp _____
- 73 Mall _____
- 74 Department Store _____
- 75 Discount Store _____
- 76 Supermarket _____
- 77 Car Dealership _____
- 78 Computer or Electronics Store _____

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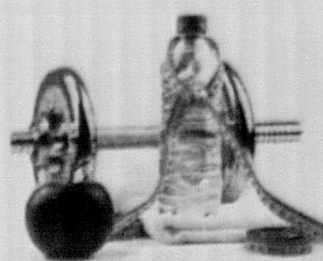
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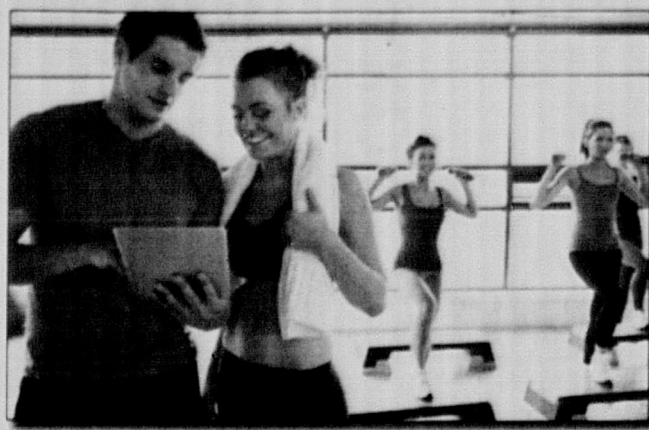
Finding a workout partner can increase motivation

By Kellie K. Speed
Correspondent

We all know how easy it can be to find an excuse not to exercise, but if you incorporate the workout into your daily routine, it suddenly becomes a part of your everyday life. Whether you decide to work out in the morning or evening, the choice is up to you. To make exercising easier, be sure to get a good night's sleep, head to the gym with a friend and allow enough time to warm up. You might consider working out in the morning to keep you energized throughout the day.

"One of the things that I tell all members when they are starting is that they should exercise to be healthy, not skinny," Brian Cassidy, owner of Anytime Fitness of Carver, said. "If they come here with the goal of being skinny, they will get impatient and give up. If you are exercising to be healthy and your long-term goal is weight loss, it will happen. It's important to talk to a professional, as well, to get you started on a plan that works best for you."

Heading to the gym with a friend is always effective. If someone is waiting for you at the gym or if your significant other is up and ready to go,



Keith Alpert, fitness director at Norwell Athletic Club, suggests that people getting started on a fitness routine find a workout partner with similar goals. PHOTO COURTESY OF METRO

you're far less likely to skip a morning routine workout than you would be if you are going it alone.

"It's always best to work out with someone so you can motivate each other," Cassidy said. "When it comes to timing for working out, I tell clients to do what is best for them. If it is more convenient to work out in the morning, do it then, but if it's inconvenient then, do it after work. You will get better results with it if you remain consistent and will be much more successful in the long run."

What are some exercises you can do at home to get started?

"One of the easiest ways to get started is with a few basic exercises, including building body strength with exercises like squats, pushups and pull-ups," Cassidy said.

"It all depends on the experience level of the person, but these exercises can help people who are sedentary gain strength."

Before getting started on any exercise routine, it's important to consult a professional to discuss your fitness goals. Are you looking to build muscle or gain strength? A personal trainer can help you get on an exercise plan that works best for you.

"It's important to figure out specifically what someone's goals are, what they are looking to get done, and how much time they can put in each week," said Keith Alpert, fitness director at Norwell Athletic Club, who also works with professional athletes. "If they can only invest one hour a week, I need to find that out before getting started. I think one of

the easiest and best things for people getting started is to find someone with similar goals to partner up with because it will be much easier."

Be sure to make sleep a priority. If you haven't gotten the right amount of sleep, it will be difficult for you to get out of bed and you might make an excuse to skip the day's workout.

"What people often don't realize is that sleep is quietly the most important thing to a good workout," Alpert said. "Without optimal rest, certain hormones get out of balance, you tend to get higher body fat and it can lead to poor health down the road. The No. 1 thing people can do is strength training, which I believe is more important over a cardiovascular workout. As we get older, we lose muscle mass, but strength training helps to build muscle. It's important to try to exercise a minimum of 30 minutes per day. When you are done with the warm-up, the workout shouldn't take longer than an hour. I recommend interval type of training or a regular aerobic workout. If you are not sure what to do or haven't exercised in a while, go to the doctor's and get a checkup and then consult a professional at the gym for a basic assessment."

With a few simple adjustments to your daily routine, you will be on the right track to a healthier lifestyle.

FINANCES

A new year financial checkup

By Paula Harris
Special to GateHouse Media

The new year is a great time to review your financial health. Measuring your net worth year over year allows you to understand how you are doing and see if you are meeting your financial goals. Your assets minus your liabilities equal your net worth. Your goal should be to see an ever-increasing positive net worth number.

Investing your excess is important but first you need to focus on obtaining a positive cash flow by reviewing

your budget. First, determine your monthly income (net taxes and other deductions), we recommend the 50/30/20 approach to budgeting: 50 percent spent on the "must haves," 30 percent spent on the "nice to haves" and 20 percent going to savings.

We are going to start with the most important: Pay yourself first by setting aside 20 percent of what you earn to your savings by having it automatically transferred from your paycheck or bank account to a savings or brokerage account. This money would be saved for retirement, your rainy day fund, big projects, a new car, college

savings, etc. If 20 percent feels like too much, start by making sure you participate in your 401(k) plan so that you receive the full match of your employer's retirement program.

The next is 50 percent of your budget should be spent on the "must haves." These are the necessities of day-to-day life, such as shelter, food, clothing, transportation, utilities and insurances.

Finally, the 30 percent can be spent on the "nice to haves": going out to eat or take-out food, designer clothing, vacations and entertainment, like movies, concerts, theatre, sporting events.

Here are some ideas to increase your cash flow:

- Bring your lunch to work.
- Eat leftovers.
- Make your coffee at home.
- Buy what's on sale and use coupons.
- Drink filtered water rather than bottled water.
- Use generic or store brand products.

CONTINUED ON NEXT PAGE

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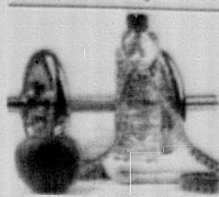
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HEALTHYLIVING

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FINANCES

Continued from previous page

- Have a home energy audit done (usually free from one of the utility companies).
- Get a library card to borrow books, movies and museum passes.

For some of your bigger purchases, think about the following:

- Buy a used car vs. a new car.
- Avoid taking vacations during peak travel time and save lots.
- Consolidate your insurance coverage with one carrier and save up to 20 percent.
- Have a gift closet for birthday parties and hostess gifts so you are not running out at the last minute and overspending.
- If you are really daring, cut back to limited basic cable and save 50-100 percent over premium service. Or cut cable and use a service like Netflix.
- Have only a cell phone or a home phone – not both.



Paula Harris is a principal of WH Cornerstone Investments based on the South Shore. COURTESY PHOTO

- Enact the 24-hour rule before making a purchase you might later regret.

The bottom line in budgeting is making mindful money decisions. A bit of forward planning can save you lots of money. But remember this last tip – spend less than you make! It's really that simple.

Paula Harris is a principal of WH Cornerstone Investments based on the South Shore. She can be reached at www.whcornerstone.com or 888-797-9009.

Laughter – the 'best medicine'

Though laughter is often referred to as "the best medicine," no definitive study has been conducted to determine the effects of laughter on overall human health, leaving open the possibility that maintaining a good sense of humor and a positive attitude are just as important, if not more important, than finding time to laugh each day.

But even if laughter is not medicinal, its benefits can mimic those of exercise. When a person laughs, his or her pulse and blood pressure increase, and people tend to breathe faster

when they laugh. Faster breathing sends more oxygen to the tissues, which can help the heart and lungs work more efficiently.

In addition, a Vanderbilt University study found that between 10 and 15 minutes of laughter can burn as many as 50 calories. Finding time to laugh may also indirectly improve the body's immune system response, as studies have suggested that infection-fighting antibodies might be more abundant in people who can use humor to combat stress.

Courtesy of Metro



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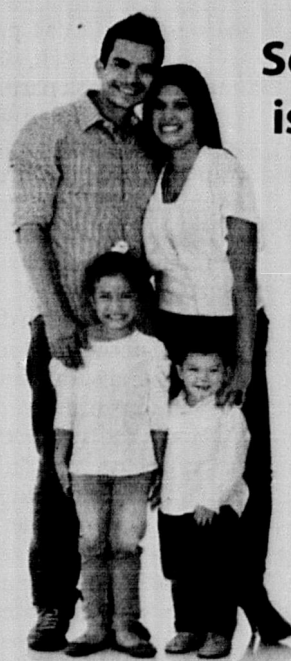
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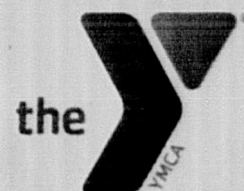
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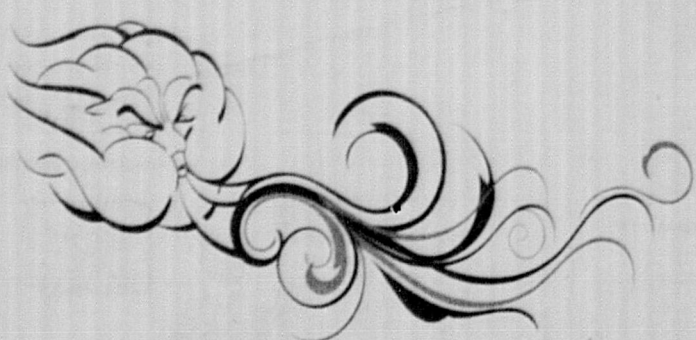
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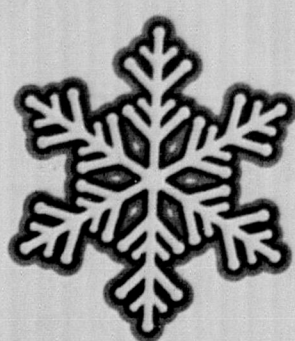
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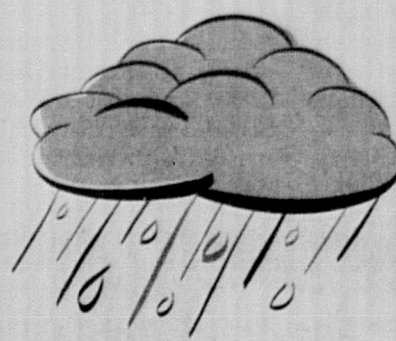
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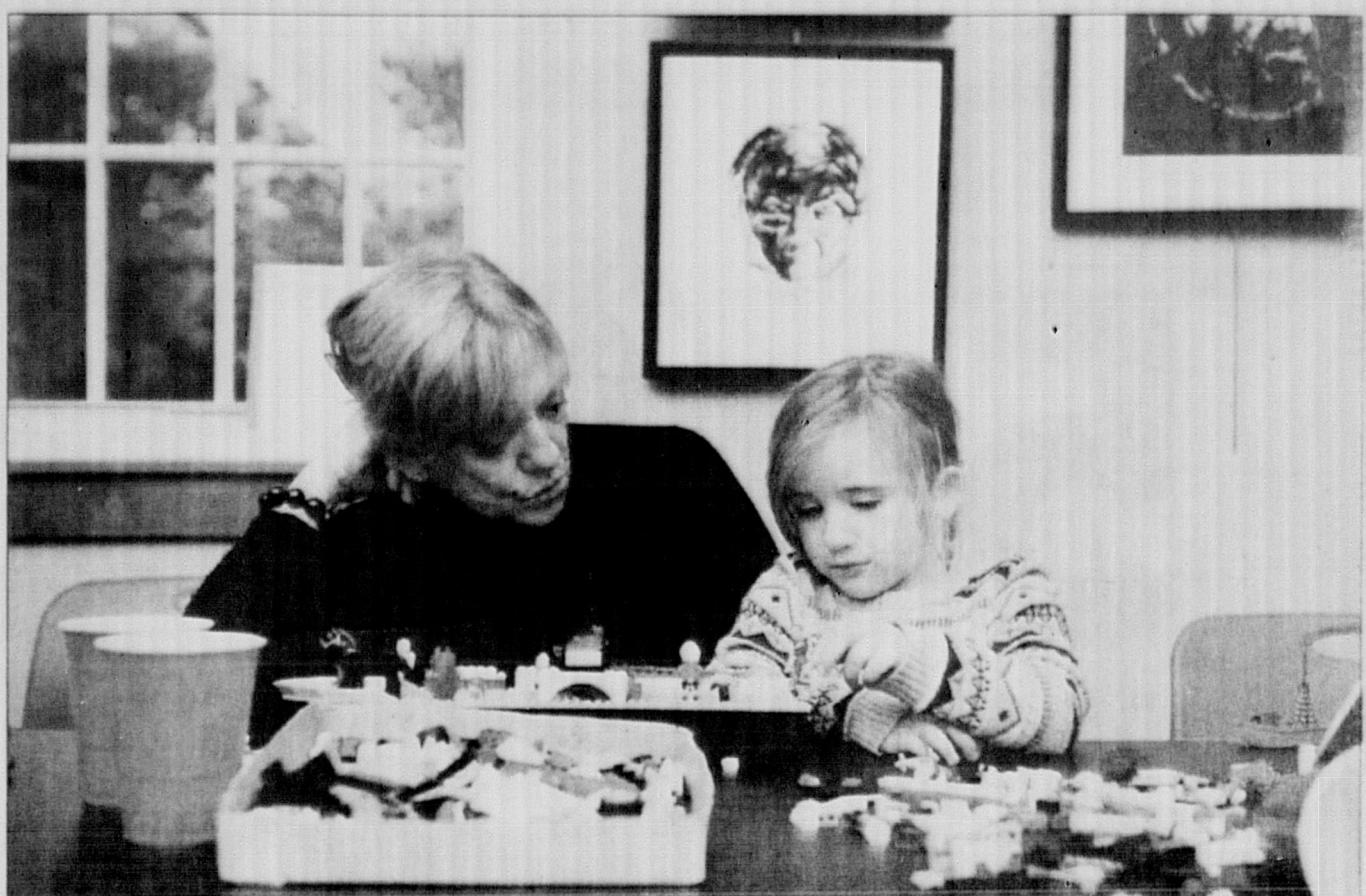
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Under construction

Lego Club meets at library

STAFF PHOTOS BY CHRIS BERNSTEIN



Martha Freeman enjoys quality time with her granddaughter Alexa Hoffman, 5, at the Pratt Memorial Library Lego Club.



Caroline Cole, 9, busily details a character for her Lego ship.



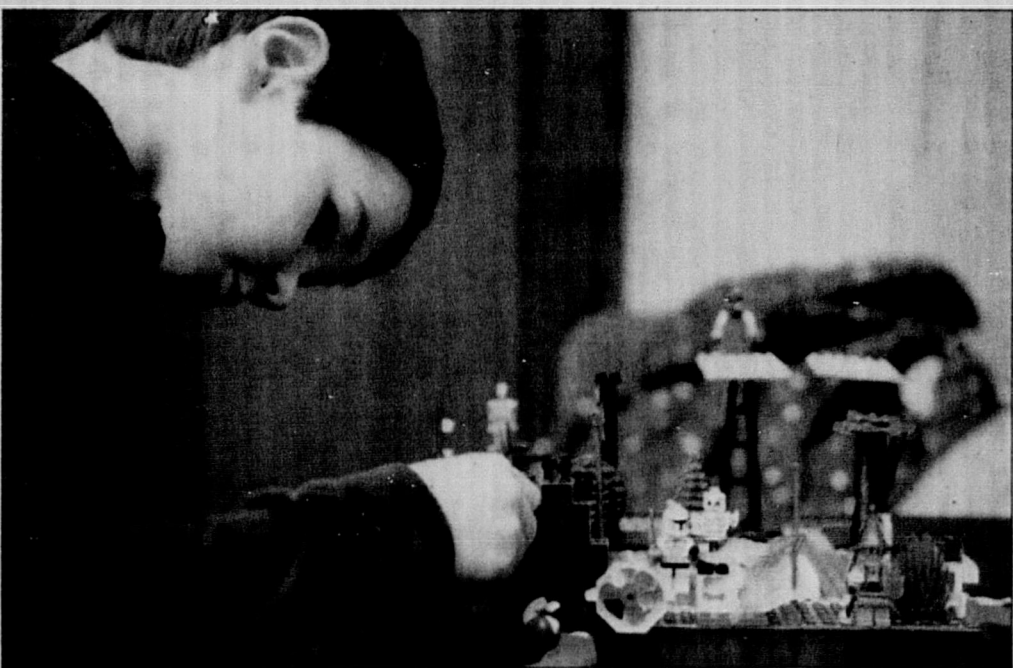
L-R: Forrest Houle, 5, Ellis Cole, 6, and Alexa Hoffman, 5, in search of the essential Lego parts.



Sean O'Halloran, 9, (L) and Ellis Cole, 6, (R) enjoy probing through the Lego supplies at the Pratt Memorial Library Lego Club.



Sam O'Halloran, 4, (L) and Riley St. Jean, 4, (R) enjoying the large selection of Lego parts.



Forrest Houle, 5, puts the finishing touches on his Lego creation.



Alexander Drake Hill, 5, in creative mode at the Pratt Memorial Library Lego Club.

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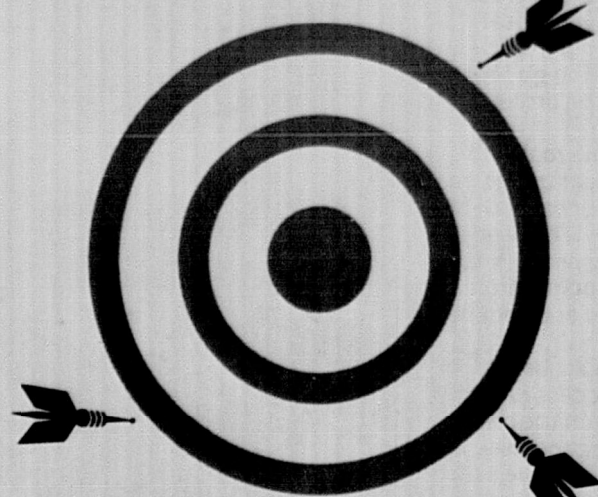
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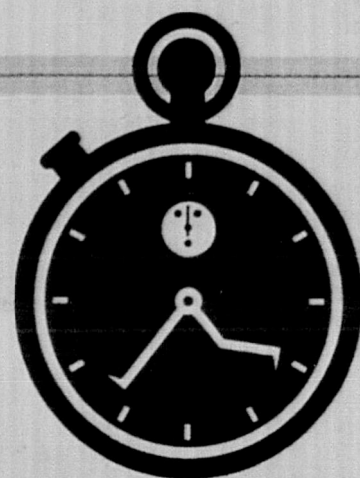
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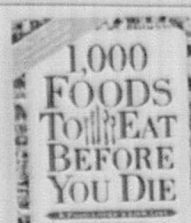


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FOOD



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'1,000 Foods to Eat Before You Die,' by Mimi Sheraton

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TIP OF THE WEEK

Beefing up your dinnertime

There are as many ways to prepare beef as there are cuts to choose from. The best approach depends on the type of flavor you want to achieve, and how you'll ultimately serve the dish. One popular option that creates robust, hearty flavors perfect for dinner-time feasts is braising.

Some tips on preparing the perfect braised beef:

■ Brown your roast using a large pan and some oil over high heat, seasoning the protein first.

■ Once the roast is browned, deglaze the pan using wine or some of the liquid that will be used in the braising process, to capture drippings from the pan that are loaded with flavor.

■ The liquid for the braising process can vary depending on the dish you're trying to make. For example, barbecue sauce would be used for a barbecue brisket, and beef broth would be used for a pot roast. Usually, when using a thick liquid such as barbecue sauce, you will want to thin it down with wine, broth or water. It will thicken as it cooks, and if it gets too thick, it will burn.

■ You can also experiment with putting root vegetables in the braising pan along with your roast to create a complete meal and enhance the flavor.

■ The oven part of the process is usually done, at 250 degrees Fahrenheit and can vary in time from three to eight hours, depending on what cut is being braised and how big it is. A general rule of thumb is that the beef will shred easily with a fork when it is properly braised.

— *Brandpoint*

NUMBER TO KNOW

1 1/5. According to the Food & Agriculture Organization of the United Nations, 1 in 5 pounds of commercialized cattle meat comes from Brazil.

— *More Content Now*

EASY RECIPE

Raspberry Strawberry Yogurt Smoothie

■ 1 cup low-fat vanilla yogurt
■ 1 cup frozen raspberries, unsweetened
■ 1 cup frozen strawberries, unsweetened
■ 3/4 cup low-fat milk
■ 1 cup ice (about 12 cubes)

Blend all ingredients in blender until smooth. Serve immediately.

— *Family Features*

FOOD QUIZ

How many calories does the average person consume while watching the Super Bowl?

A. 1,200 B. 2,000
C. 500 D. 900

Answer below.

WORD TO THE WISE

Deglaze: Deglazing is using the flavor-packed brown bits stuck to the bottom of a pan to make a pan sauce or gravy. Skim excess fat from the pan you've just used to cook meat or poultry, add a small amount of liquid — such as wine, stock or water — and boil quickly over high heat, stirring constantly to dislodge the brown bits and evaporate any added alcohol.

— *Cookthink*

FOOD QUIZ ANSWER

A. On average, Americans consume 1,200 calories apiece while watching the big game.

— *More Content Now*

GREEK WEEK

Spinach and Cheese Pie a good 'Meatless Monday' option

By the editors of Relish Magazine

This savory Spinach and Cheese Pie is reminiscent of the 1980s, when "natural foods" restaurants reigned and almost everyone we knew pored over Mollie Katzen's "Moosewood Restaurant Cookbook" for meal ideas.

Nostalgia aside, the recipe makes a rich and hearty vegetarian meal for "Meatless Monday" or any time at all. Frugal and economical, it contains ingredients we usually have on hand — frozen spinach, cottage cheese and Romano cheese — combined with tangy feta cheese. It's topped with handfuls of scrunched-up phyllo dough, which add a crunchy glamour and give the dish its show-stopping appearance.

Whether you're eating less meat and more veggies for the Earth's health or your own, this savory pie fills the bill.



RELISH MAGAZINE

SPINACH AND CHEESE PIE

Serves 6

■ 2 T olive oil
■ 1 1/4 cups chopped green onions
■ 1 pound frozen chopped spinach, thawed and squeezed dry
■ Finely grated rind of 1 lemon
■ 1/2 cup chopped flat-leaf parsley
■ 6 ounces feta cheese, crumbled
■ 1 1/2 cups whole-milk, small-curd cottage cheese

■ 1/2 cup finely grated Romano cheese
■ 1 egg
■ 1/2 t salt
■ Freshly ground black pepper
■ 1/4 t nutmeg
■ 8 sheets phyllo dough
■ 2 T melted butter

Preheat oven to 400F. Heat olive oil in a 2-quart saucepan. Add onions and sauté until tender, about 3 minutes.

Add spinach and cook 1 minute. Remove pan from heat.

Stir lemon rind, parsley and feta cheese into spinach mixture. Combine cottage cheese, Romano cheese and egg in a small bowl. Stir until well blended. Add to spinach mixture. Add salt, pepper and nutmeg; stir well.

Scrape filling into a 9-inch pie plate or 8-inch square baking dish. Bake 15 minutes. Remove

from oven.

Brush one sheet of phyllo with melted butter, keeping remaining sheets covered with a cloth. Crumple phyllo sheet into a nest shape and place on top of filling. Repeat with remaining phyllo sheets to cover filling.

Bake about 10 minutes, until phyllo topping is browned.

— *Recipe by Nancy Kreck Allen*

Modern quiche meets ancient grain

Have you heard about einkorn? Remember when you hadn't yet heard of quinoa? Same idea.

It's an ancient grain, a form of wheat; non-hybridized, easy to digest.

These details come from authors and Food Loves Writing bloggers Tim and Shanna Mallon in their new "The Einkorn Cookbook."

Ricotta Vegetable Quiche

Makes 6 to 8 servings
■ 1 tablespoon coconut oil
■ 1 cup chopped bell pepper
■ 1/2 cup chopped onion
■ 1/2 cup chopped baby bella or cremini mushrooms
■ 1/2 cup chopped tomatoes
■ 4 eggs
■ 3/4 cup whole milk
■ 3/4 cup ricotta cheese
■ 1 cup packed baby spinach
■ 1 teaspoon red chili flakes
■ 1/4 teaspoon sea salt
■ 1/2 teaspoon black pepper
■ Hearty Whole-Grain Pie Crust (see recipe)



GAIL CIAMPA

Preheat oven to 375 degrees. Warm coconut oil in a 9-inch skillet over medium-low heat. Stir in chopped bell pepper, onion, mushrooms and tomatoes, and sauté until soft and translucent, but not browned, about 8 to 10 minutes. Remove from heat and let cool slightly. In a large bowl, whisk together the eggs until combined and slightly frothy. Stir in milk and ricotta until combined.

Add spinach, red chili flakes, salt and pepper to vegetable mixture, and stir together until well mixed and the spinach is coated with oil and wilted from the

heat. Add this combined vegetable mixture to the egg mixture.

Remove pie crust dough from the refrigerator to a floured surface. Grease a 9- to 10-inch pie pan. Use a rolling pin to flatten the dough to be a little larger than the pie pan. Using floured hands, press dough into prepared pan, trimming the edges as you like.

Pour vegetable-egg mixture into pan. Place the pan in the oven and bake for 45 minutes to an hour, or until set and slightly golden. You'll know it's done when a knife or toothpick inserted into the center comes out clean. Let cool at least a few minutes, and slice to serve. Serve warm or chilled.

Hearty Whole-Grain Pie Crust

Makes 1 pie crust
■ 1 1/4 cups sifted (to remove bran) whole-grain einkorn flour, plus more for surfaces
■ 1/2 teaspoon sea salt
■ 7 tablespoons unsalted butter, cold, cubed into 14

pieces
■ 1 to 2 tablespoons cold water

Combine flour and salt in a medium bowl. Using a pastry cutter, cut in the cubed butter until it is in random chunks throughout, larger than peas but smaller than dimes. The chunks don't need to be identical, and there can still be some big ones, but you're aiming to get all the (still cold) butter broken up — this should only take about 15 to 20 seconds.

Stir in water; the mixture will still look crumbly and you'll think you need to add more, but resist the impulse. Instead, use your floured hands to push, press and form the crumbly mixture into a soft, workable ball. This entire process should take no more than 3 to 5 minutes. If it's too dry to work with, add another tablespoon of water; if it's too wet, add another tablespoon of flour; repeat until dough comes together into

a ball.

Set dough on a well-floured surface. Using a floured rolling pin, roll the dough with quick, swift strokes. Gently flip and continue rolling, turning it every few strokes to re-flour the surface and keep from sticking to the counter. Note that you will see streaks of butter throughout the dough — this is good; it's what will impart the flaky texture once it bakes. Those streaks of butter may also make the dough sticky, however, so don't be afraid to generously dust it with flour as you work.

Roll dough into a circle that is a little larger than your pie plate. Gently transfer the dough to your pie plate and form to fit, pressing around the sides with your fingers to make a design if you like. Prebake or fill and bake according to pie recipe instructions.

Email Gail at gciampa@providencejournal.com.

DISHING IT OUT

Siam serves up traditional Thai cuisine

Meet Chef Ann Kuprasithrut

We're dishing it out at Siam Cuisine in Hanover this week, where longtime Chef Ann Kuprasithrut takes tradition seriously, seeking out and using the freshest ingredients possible, she ensures authentic tastes and flavors in every dish on the menu.

Name of staff and position:

Ann Kuprasithrut, chef

How long have you worked here?

I have been working here for 10 years. Siam Cuisine opened here 20 years ago.

How would you describe the food at Siam Cuisine?

This is true, authentic Thai food that you really can't find anywhere else. From seafood, to noodles to curry, we are bringing the same flavors through in our dishes that you would find in our country.

What is your favorite dish on the menu?

My favorite dish on the menu is the Kai Gaprow. It is a spicy chicken dish made with chili garlic

sauce, peppers and basil.

What are some of the most popular dishes on the menu?

The pad Thai noodles, pad see you, Chiangmai noodles, Siam madness, and seafood dynasty are all popular. The papaya salad, Siam nuggets and Siam paradise beef are examples of authentic dishes that you can't find anywhere else.

What sets Siam Cuisine apart from other Asian restaurants in the area?

We have excellent service and a lot of returning customers because we serve good quality food made with the freshest ingredients. Everything is prepared fresh here everyday using traditional and authentic ingredients and recipes. The food you get here tastes just as it would if you ordered it in Thailand.

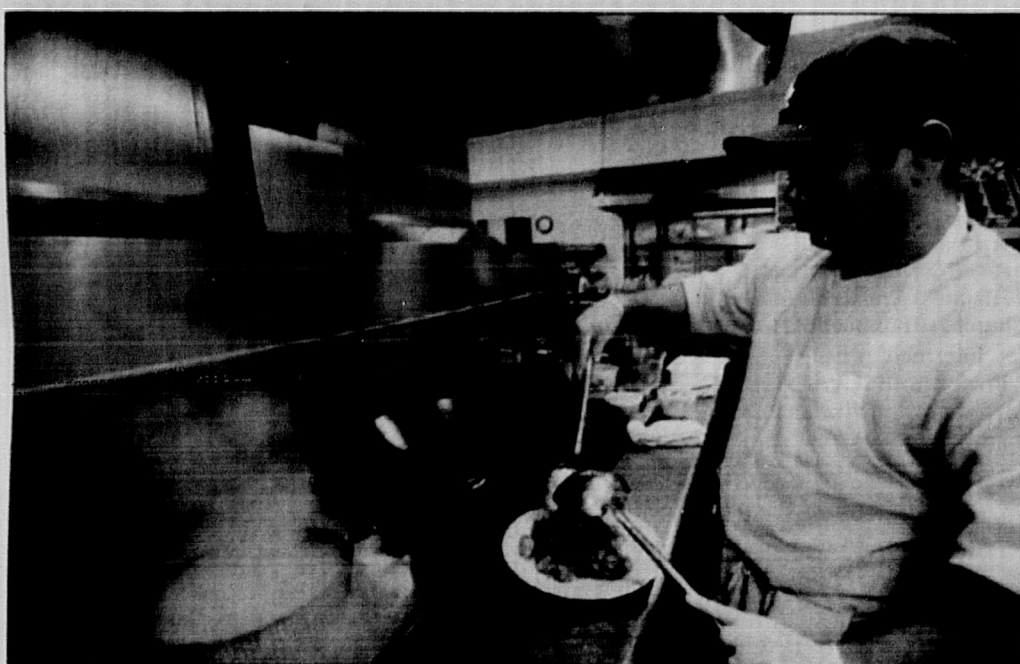
The best thing about working here:

I love my job. I love to mix the sauces, monitor the kitchen and control the quality of the food. Located at 370 Columbia



Ann Kuprasithrut, Louis Bena, Paula Buabok, owner Ben Januvatia, Joy Surarat and May Saucier hold a number of their speciality dishes at the Siam Cuisine in Hanover.

Road in Hanover, Siam Cuisine is open seven days a week for lunch and dinner. Dine in, take out or for delivery. Lunch entrees are priced from \$7.95 to \$9.95 and dinners range in price from \$9.95 to \$16.95. Reservations are available by calling 781-826-1115. Visit siamcuisinemass.com for menus and directions.



Louis Bena makes pad see you at Siam Cuisine. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN

WICKED LOCAL • CONNECTING YOU TO YOUR COMMUNITY

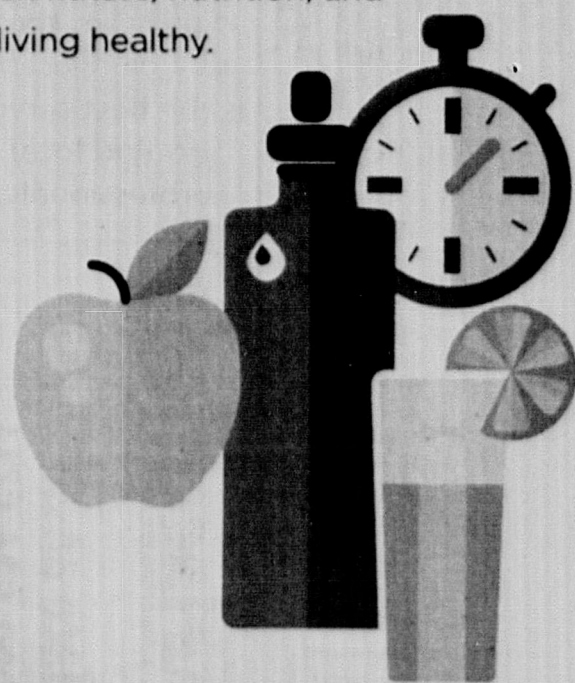
Local news, blogs, photos, videos, and more!



Sticking to resolutions can be hard.

Need Help?

Look to our four part **Healthy Living** section for valuable information on fitness, nutrition, and living healthy.

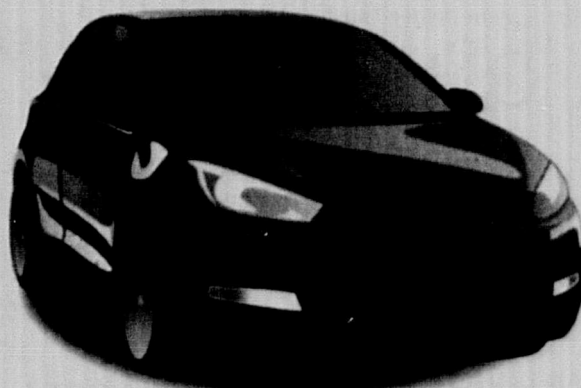


Section inside this week's paper

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We have multimedia advertising opportunities available for this section. Visit www.wickedlocalmediasolutions.com for information.



Ann Kuprasithrut and Paula Buabok are the cheery faces you find at Siam Cuisine.



This dish of rad na has pork, shrimp, Chinese broccoli, and wide noodles.



These Siam nuggets are made with pork, water chestnut, crab meat and shrimp wrapped in tofu skin.

Give a unique gift of a special memory...



Photo and/or back issues from our newspaper are available by calling 1-866-746-8603 for Photo Reprints or 508.626.3990 for Back Issues



COHASSET POLICE/FIRE LOG

Monday,
Jan. 12

6:54 a.m. **Bow St.**, inside water leak. Water has been shut off, clean-up company en route.

6:56 a.m. **Beechwood St.**, traffic enforcement.

6:59 a.m. **N. Main St.**, directed patrol.

7:19 a.m. **Forest Ave.**, animal call. Caller reports deer on the sidewalk, thinks the deer may have been hit by a motor vehicle. Headquarters reports it was a deer that was hit yesterday and the DPW has been notified. DPW notified again.

9:21 a.m. **Sohier St.**, South Shore Music Circus, directed patrol.

9:35 a.m. **Chief Justice Cushing Hwy.**, Stop & Shop, medical aid.

9:36 a.m. **Sohier St.**, motor vehicle stop; verbal warning.

10:03 a.m. **Hull St.**, medical aid.

10:19 a.m. **Clay Spring Road**, suspicious activity. Walk-in to headquarters reporting suspicious activity. Phone call stating that it was her son and it wasn't. Concerned that someone may try to break into her house and she is requesting extra patrols.

11 a.m. **Avalon Drive**, CO alarm.

11:20 a.m. **Depot Court**, parking enforcement. One vehicle tagged and one being moved.

11:23 a.m. **Red Gate Lane**, fraud. Caller reports a scam email on her computer.

11:36 a.m. **Elm Court**, summons. Officers going to location to serve a no trespass order. The party has voluntarily left.

11:42 a.m. **Elm St.**, medical aid.

2:52 p.m. **Elm St.**, Fire Department, minor motor vehicle crash.

3:14 p.m. **S. Main St.**, minor motor vehicle crash.

5:15 p.m. **Chief Justice Cushing Hwy.**, MBTA Cohasset Station, motor vehicle stop; citation issued.

8:37 p.m. **Beechwood St. and Hillside Drive**, motor vehicle stop; citation issued.

Tuesday,
Jan. 13

8:58 a.m. **King St.**, Sunrise, medical aid.

9:23 a.m. **Brewster Road**, motor vehicle stop; verbal warning.

9:29 a.m. **Pond St., Jr./Sr. High School**, Police Department investigation.

9:43 a.m. **Beechwood St.**, warrant arrest (motor vehicle offenses); Elizabeth A. Steratore, 47, of 446 Beechwood St.

10:16 a.m. **S. Main St.**, bank alarm. First-floor, rear door. Male will meet outside, blue and white striped shirt, was accidental, he thought he caught it in time.

10:50 a.m. **Elm Court**, police information. No trespass order cancelled for this address.

11:08 a.m. **Jerusalem Road**, Police Department investigation, follow-up.

12:51 p.m. **King St.**, motor vehicle stop, arrest: Luigi Fusco, 51, of 6 Forest Acres Dr., Bradford, Mass., operating after suspension for OUI.

2:21 p.m. **River Road**, well being check. Caller saw two people "wind skating" on the Aaron River Reservoir, is afraid this is not safe.

3:25 p.m. **Forest Ave.**, medical aid.

3:55 p.m. **Stratford Terrace**, building fire. Caller reports fire alarm is going off and states it smells like smoke. Caller reports there is some visible smoke in the building, thinks it may have been from a crock pot. E2 on scene investigating. E2 reports heavy smoke condition, two-story wood frame, investigating for a source. E2 reports fire in the cellar. Strike a second alarm. Fire is out, extensive overhaul. Scituate E3 to the scene. Fire knocked down, checking for extension. Hull Engine for station coverage.

5:42 p.m. **Ripley Road**, Caller reports outside odor of natural gas. Building is locked up, no one is inside. National Grid notified. National Grid shutting off the service pending repairs. There was a gas leak at the meter.

7:15 p.m. **Pond St., Jr./Sr. High School**, parking complaint. Vehicles are parking in the fire lanes. Cars are there for a basketball game.

10:56 p.m. **Chief Justice Cushing Hwy.**, Tedeschi's Plaza, motor vehicle stop; citation issued.

11:52 p.m. **Beechwood St.**, police information. Female hasn't been seen since 9:30 a.m. Male caller advised of female's location.

Wednesday,
Jan. 14

7:14 a.m. **N. Main St.**, directed patrol.

7:25 a.m. **S. Main St.**, directed patrol.

7:26 a.m. **N. Main St.**, motor vehicle stop; citation issued.

8:35 a.m. **Forest Ave.**, warrant. Party no longer resides here.

8:55 a.m. **Lamberts Lane**, medical aid.

10:20 a.m. **Jerusalem Road**, directed patrol.

1:03 p.m. **Chief Justice Cushing Hwy.**, Shaw's Supermarket, medical aid.

30-year-old male fainted in the meat department.

2:08 p.m. **King St.**, traffic enforcement.

2:25 p.m. **Chief Justice Cushing Hwy.**, Harborview Center for Nursing, past hit-and-run motor vehicle crash while parked.

3:33 p.m. **Chief Justice Cushing Hwy.**, Curtis Liquors, larceny report.

4:10 p.m. **Ripley Road**, Paul Pratt Library, parking complaint. Employee reports a small gold Ford parked in the fire lane across from the handicapped spaces. One parking ticket issued.

4:56 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle crash. Caller reports two-car motor vehicle accident. No personal injuries, no tow needed. Citation will be issued to the owner/operator of vehicle one.

5:37 p.m. **Pond St., Jr./Sr. High School**, parking enforcement. One ticket issued in fire lane.

Thursday,
Jan. 15

12:07 a.m. **Country Way, Scituate**, mutual aid, working fire.

9:29 a.m. **Howe's Lane**, medical aid.

10:02 a.m. **Chief Justice Cushing Hwy.**, Curtis Liquors, Police Department investigation, follow-up.

11:28 a.m. **Pleasant St.**, medical aid.

12:59 p.m. **Brook and Elm streets**, motor vehicle stop; citation issued. Licensed party arrived to operate vehicle. Citation issued to operator.

2:14 p.m. **Old Coach Road**, CO alarm. Caller reports her CO alarm started to go off about 5 minutes ago. Advised to evacuate. Bad CO detector.

2:26 p.m. **Spring St.**, MBTA Rail Crossing, traffic hazard. Gates were ringing and flashing and the gates never went down. Cars are carefully driving through.

2:54 p.m. **Sohier St.**, Deer Hill School, traffic enforcement.

4:07 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, well being check. Onstar reporting an emergency signal from a vehicle at this location. Onstar reports accidental by motor vehicle owner. He is outside his motor vehicle. Requests cancellation. Party is fine and back home in Scituate.

4:45 p.m. **Police Headquarters**, threats. Walk-in to lobby requesting to speak with an officer regarding threats.

7:23 p.m. **Pleasant St.**, lift assistance.

7:47 p.m. **Beechwood St.**, medical aid.

8:05 p.m. **Atlantic Ave. and Howard Gleason Road**, motor vehicle crash, car vs. wall. Anonymous call into headquarters. Does not appear anyone is in the vehicle, no operator in the area. Property damage to 76 Howard Gleason Road. Arrest: Tracy L. Barrow, 50, of 109 Booth Hill Road, Scituate: OUI (alcohol), negligent operation, leaving the scene after causing property damage, and failure to stay in marked lanes.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

John J. Rhodes III



John J. Rhodes III

COHASSET — John J. Rhodes III of Cohasset and Redmond, Ore., passed away January 1, 2015, at the age of 69.

He is survived by his children, Kerri Tower and her husband Tom of Marshfield, John IV and his fiancé Joellyn Smith of Vermont and Megan Rhodes of Cohasset; proud "Pops" of Jake and Allison Tower and John J. Rhodes V.

Jack was born June 11, 1945. He was the son of the late John Jr. and Julia Rhodes; brother of William of Scituate, Karen Gorman of Florida and Sharon Ramsey of Oregon; and uncle to many nieces and nephews.

Jack was a graduate of Cohasset High School, Class of 1963. Upon graduation, he joined the Navy and was stationed aboard the Atlantic Fleet Amphibious Force Command Ship USS Taconic.

After his time in the Navy, he studied criminal law and became a Cohasset Police Officer.

Jack was very involved with the Masons, serving as past Master of Konohasset and Satuit Lodge, past Master of the 18th Lodge of Instruction and past District Deputy Grand Marshall of 18th Masonic District.

He was a loving father, brother, uncle and Pops who will always be remembered with love.

A memorial service will be held Saturday, January 24, at 10 a.m. at the Satuit Lodge, 344 Country Way, Scituate.

Remembrances can be made in Jack's name to the Cohasset Police Association, c/o Sgt. Treanor, 62 Elm St., Cohasset, MA 02025, or to the Satuit Lodge, P.O. Box 237, Scituate, MA 02066.

John F. Burke Sr.



John F. Burke Sr.

COHASSET — John F. "Jack" Burke Sr., 83, of Cohasset, passed away Thursday, January 15, 2015.

Jack was the son of the late Mary Gillow and John Francis Burke, from Brookline.

He graduated from Roxbury Latin and joined the U.S. Marines so he could fight for his country in the Korean War.

After attending Harvard and MIT, he spent 30 years as an ironworker for Local Union 7 in Boston, proudly working on the Prudential Building and the John Hancock Tower.

Jack was a member of the American Legion Post 327 in Mission Hill then joined George H. Mealy Post 118 when he moved from Brookline to Cohasset in 1968. He was the commander of that post for 4 years and began the Christine Burke Scholarship Fund and Annual Clambake event.

Jack was predeceased by his wife, Constance E. "Connie" Rogers, daughter, Christine Burke, and son, John F. Burke Jr. He is survived by his daughters, Laurie Kennedy of Hull, Marianne Burke Tembe of Virginia Beach, Va., and his sons and daughters-in-law, Joseph and Joanne Burke of Marshfield and James and Jennifer

Burke of Charleston, S.C. Jack leaves his grandchildren, Michael and Matthew Kennedy, Ian and Connor Tembe, and Shelby and James Michael Burke; two great-grandchildren; nieces and nephews, Mary Margaret Burke, Jennifer Burke Plimton, Matthew Burke, Christopher Burke, Michael Burke; and many loving friends and neighbors.

A funeral Mass will be celebrated Friday, January 23, 2015, at 10 a.m. in St. Anthony Church, 10 Summer St., Cohasset. Interment private.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell
FUNERAL HOME

Ernest J. Sullivan



Ernest J. Sullivan

COHASSET — Ernest J. "Hot" Sullivan, age 89, of Cohasset, passed away on January 16, 2015.

Born and raised in Cohasset, he was the son of the late Michael J. "Hot" and Elsie M. Sullivan. Hot was a graduate of Cohasset High School.

He was veteran of World War II, serving in the U.S. Navy.

Hot was a career firefighter in the town of Cohasset. Working three jobs, he could be found painting homes and buildings with his fellow firemen.

He was an avid Boston sports fan and true family man. After retiring from the fire department, Hot worked as a bartender for over 30 years at the Cohasset Yacht Club and private parties, as well as greeting friends and families at the door of McNamara-Sparrell Funeral Home to help them through the tough times.

Hot was the beloved husband of the late Jeanne M. (McGowan) Sullivan; and the devoted father of Michael Sullivan of Cohasset and Maureen

Harrold and her husband Dean of Cohasset. He was the loving grandfather of Hannah and Brendan Sullivan, both of Kingston; and the brother of the late Frederick Sullivan.

A Mass of Christian burial and celebration of his life was held Tuesday, January 20, 2015, at 10 a.m. in St. Anthony Church, Cohasset. Visiting hours Monday, January 19, 2015, from 4-8 p.m. in McNamara-Sparrell Funeral Home, 1 Summer St. (across from St. Anthony Church), Cohasset. Interment in Woodside Cemetery, Cohasset.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell
FUNERAL HOME

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to the Weekly Newspapers

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Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

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THIS PAPER

Legal Notices

CONTRACTOR BIDS
LEGAL NOTICE
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FOR BIDS

The Cohasset Housing Authority, the Awarding Authority, invites sealed bids from General Contractors for the Accessible Unit Conversion of Housing for the Cohasset Housing Authority in Cohasset, Massachusetts, in accordance with the documents prepared by Golden Architects Inc.

The Project consists of: Conversion of Existing Units to Accessible Units at Harbor View Elderly Housing Development, 667-1.

The work is estimated to cost \$84,300

Bids are subject to M.G.L. c.149 §44A-J & to minimum wage rates as required by M.G.L. c.149 §826 to 27H inclusive.

General Bids will be received until 2:00 pm February 4, 2015 and publicly opened, forthwith.

All Bids should be sent to: 60 Elm Street, Cohasset, MA 02025 and received no later than the date & time specified above.

General bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount (considering all alternates), and made payable to the Cohasset Housing Authority

Bid Forms and Contract Documents will be available via electronic distribution online at: www.Projectdog.com

Go to www.Projectdog.com, and click "Sign Up" for free, or login with your existing account. Enter Project Code 805212 in the project locator box. Select "Acquire Documents" to download bid documents, review a hard copy at Projectdog's physical location, or request a free project CD. Questions regarding website or project distribution should be directed to Projectdog at (978) 499-9014.

Pre-Bid Conference: A Pre-Bid Conference is scheduled for 10:00 A.M. on Wednesday January 28, 2015 nearby the site at 60 Elm Street, Cohasset, MA. Following the Pre-Bid Conference, the site will be available for inspection by bidders.

The job site and/or existing building will be available for inspection between 10:00 A.M. and 2:00 P.M. on Wednesday January 28, 2015. The meeting will be held at 60 Elm Street Community Room and attendees will walk to the site from there.

For an appointment call Kate Luna at (781) 383-1948.

AD#13231064
Cohasset Mariner 1/23/15

ZBA/479 BEECHWOOD ST.

LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF
APPEALS

A public hearing will be held at the Town Hall on Monday, February 2, 2015 at 8:45PM to hear and act upon an application for a SPECIAL PERMIT pursuant to §8.7 and any further relief as the Board deems appropriate. The applicant, James Kelliher of Axiom Architects on behalf of landowners, Steven and Betsy Pinkus, seeks to rezone the existing residence and construct a new residence at 479 Beechwood Street. According to the application on file in the Town Clerk's Office. File #15.01.09B.

AD#13230329
Cohasset Mariner 1/16, 1/23/15

Muscular Dystrophy Association

Where Hope Begins

MDA

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www.mdaua.org

ZBA/808 JERUSALEM RD.
LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF
APPEALS

A public hearing will be held at the Town Hall on Monday, February 2, 2015 at 8:15PM to hear and act upon an application for a SPECIAL PERMIT pursuant to 4.2 and §8.7.2 and any further relief as the Board deems appropriate. The applicant, Christopher McKenna, seeks to build 4 one-bedroom apartments at 808 Jerusalem Road. According to the application on file in the Town Clerk's Office. File #15.01.09A.

AD#13230320
Cohasset Mariner 1/16, 1/23/15

ZBA/278 FOREST AVE.
LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF
APPEALS

A public hearing will be held at the Town Hall on Monday, February 2, 2015 at 9:15PM to hear and act upon an application for a SPECIAL PERMIT pursuant to §8.7.2 and any further relief as the Board deems appropriate. The applicants, Gerhard and Jessica Lubitz, seek to extend a nonconforming second floor at 278 Forest Avenue. According to the application on file in the Town Clerk's Office. File #15.01.12.

AD#13230336
Cohasset Mariner 1/16, 1/23/15

Looking
to Get
Fit This
Year?



Find a
personal
trainer.

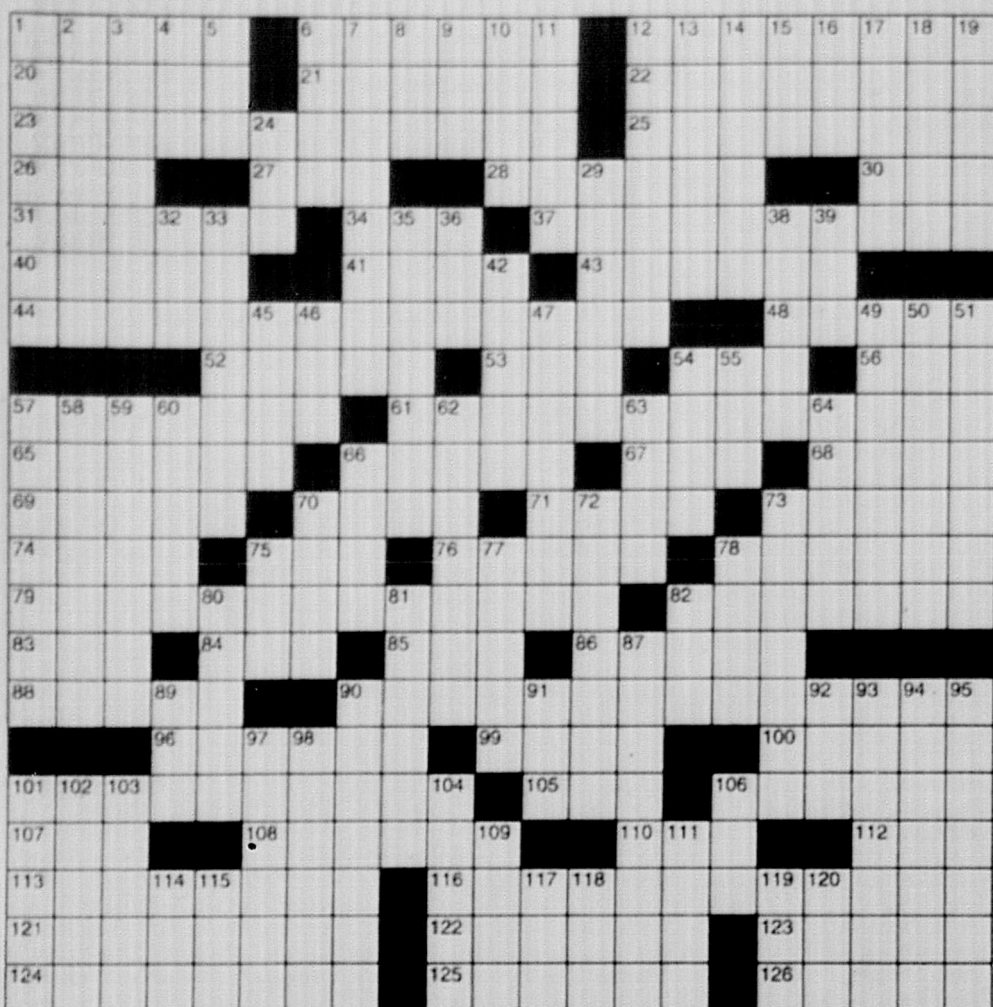
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landscapers and
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just
hear
those
sirens?
Go to our website
and click on
"Police & Fire Scanner"
under the News tab to hear all the action

PUZZLES

Crossword - Sitcom Moms



ACROSS

1 Lundgren of "Rocky IV"
6 Bathers' scrubbers
12 Like alcoves and nooks
20 Mr. T's TV group, with "The"
21 Approach and speak to boldly
22 Loathed one
23 Vinton, Eunice and Ellen's mom
25 Planted again
26 — Lingus (Irish carrier)
27 "It's cold in here!"
28 Hold together firmly
30 Also
31 Outpatient facility
34 "Allow me, — may ..."
37 Bud and Kelly's mom
40 — acid (fat product)
41 Garcia of fashion
43 Applies, as a coat of wax

44 Wednesday and Pugsley's mom
48 Proficient
52 Salad green
53 Suffix with bureaucrat
54 May honorees
56 Curly's buddy
57 Casino client
61 Rudy, Vanessa, Theo, Denise and Sondra's mom
65 Scented
66 Long green
67 Work with
68 Milk, in Paris
69 Comic Leary
70 Coin of Chile
71 Sped
73 TV actress
74 Pizzazz
75 In favor of
76 Pious person
78 — jumping (extreme sport)
79 Portrayer of 23-Across
82 Big vultures
83 Once — blue moon
84 Outlaw Rob
85 Reindeer kin

86 Like single-purpose committees
88 Slow, to Solti
90 Portrayer of 61-Across
96 How blackbirds may be baked?
99 Otoscope views
100 Pollen piece
101 Portrayer of 37-Across
105 Assembled
106 Wildlife
107 From — Z (thoroughly)
108 Brunei ruler
110 Post-op area
112 Muhammad —
113 Whale's kin
116 Portrayer of 44-Across
121 Precise
122 Little hills
123 Physicist
124 They include Saturdays
125 Least crazy
126 Alloy of zinc and copper

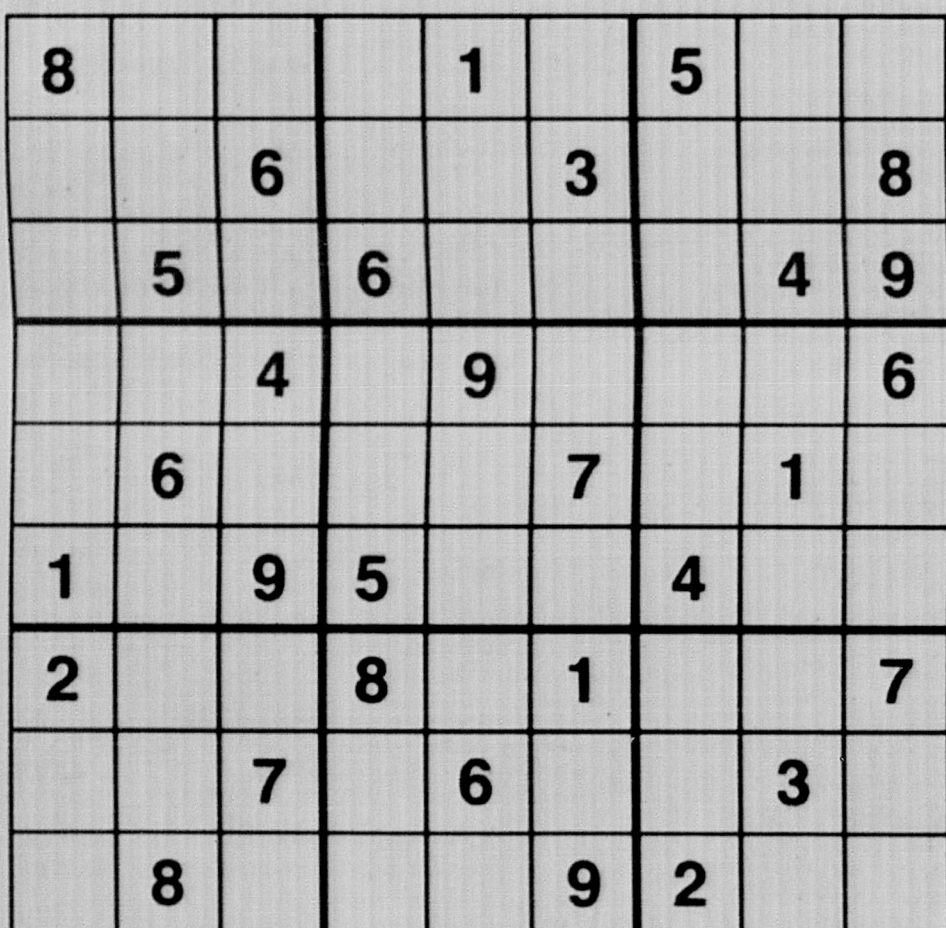
2 Literature's "Moor of Venice"
3 More wary
4 Bud
5 "Let's see now ..."
6 Oz Lion player Bert
7 Wind
8 Bar code scanner: Abbr.
9 Dandy dude
10 "Hang on —"
11 Razor sharpener
12 Krypton, e.g.
13 Force
14 Stengel and Kasem
15 Summer, to Jules
16 The lady
17 Many a taxi
18 Edit
19 Pa
24 Easy as —
29 "A Doll's House" family name
32 Louise-to-be
33 Winter spikes
35 Giant flops
36 Ky. neighbor
38 Talk big

39 German for 30-Across
42 "I thought we had —!"
45 Street — (urban acceptability)
46 Suffix with court or hotel
47 Like part of Russia
49 Official ban
50 Less rude
51 Cuts canines of praise
54 Be reflective
55 Wood splitter
57 Kid's sled
58 "Sweet —" (barbershop song)
59 Monte Carlo resident
60 Very edge
62 How pajamas fit
63 Ham
64 — flowing with milk and honey
66 Feline god
70 Address call
72 Four roods
73 Firearm storage item
75 Mahmoud Abbas' gp.
77 Often-sprained joint
78 Churlish type

80 Literary twist
81 Nuke, maybe
82 "—ching!"
87 Purifies, as whiskey
89 Even score
90 Baby onkers
91 "— shocked!"
92 Health facility
93 Biblical shout of praise
94 Innocent
95 Halts
97 Allocate
98 Took a break (barbershop song)
102 Right wrongs
103 Egg cake
104 Doesn't have base
106 Hot dog
109 Mom's mom
111 Abnormal body sac
114 Pleni-T — (Wrigley's gum unit)
115 Metal deposit
117 Pitchman
118 Pelota cheer
119 Brother of George Bush
120 Bobby of hockey

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Sudoku



Level: Hoo Boy!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze - 2012 NFL Draft

J I R V I N V S Q N K I F D A
X V I T Q O M J H F C A Y W U
R P C I Y L H C E U K N L E J
H F H D N B Z S N X V T R R Q
O M A K K I R I R H L O F D B
Z Y R W C E F V O T M I R Q O
N L D K K U I F B L H F L D C
A Z S C X X L L I H E N N A T
D Y O L F O W G A R V O U S K
R R N O M K C A L B G Q P O N
B M K S E L P O C N O R R A B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Barron
Blackmon
Brockers
Claiborne
Coples
Cox
Floyd
Gilmore
Irvin
Kalil
Kuechly
Poe
R. Griffin III
Richardson
Tannehill

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HOROSCOPE

Salome's Stars

ARIES (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

GEMINI (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

CANCER (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

LEO (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the

truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

VIRGO (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

LIBRA (September 23 to October 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

SCORPIO (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

SAGITTARIUS (November 22 to December 21) Someone you met in your professional world last year

and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting job offer.

CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

PISCES (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

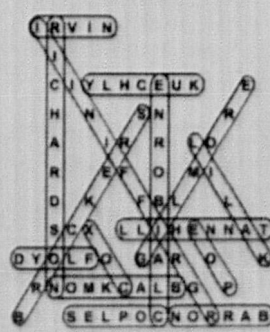
BORN THIS WEEK: Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

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SOLUTIONS



2012 NFL DRAFT



8	9	2	7	1	4	5	6	3
4	1	6	9	5	3	7	2	8
7	5	3	6	8	2	1	4	9
5	2	4	1	9	8	3	7	6
3	6	8	4	2	7	9	1	5
1	7	9	5	3	6	4	8	2
2	3	5	8	4	1	6	9	7
9	4	7	2	6	5	8	3	1
6	8	1	3	7	9	2	5	4

CALENDAR

HOW TO SUBMIT

Planning an event? Send your event information by email to salendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.



Jazz at the James with High Standards

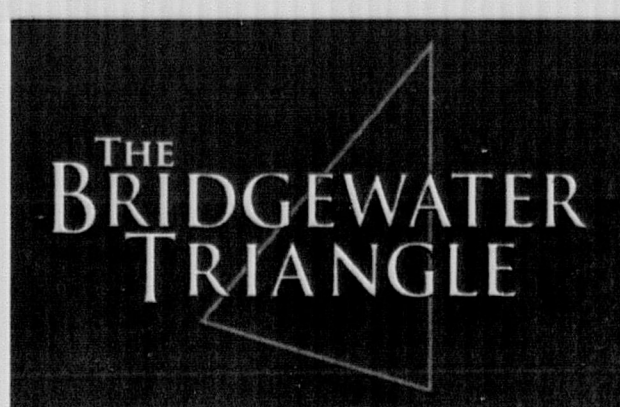
WHEN: 7:30 p.m. Saturday, Jan. 24.
WHERE: The James Library & Center for the Arts at 24 West St., Norwell.
INFO: The James will transform into a jazz club at 7:30 p.m. as Jazz drummer Yoron Israel performs with his quartet, High Standards. The evening will feature traditional and contemporary jazz. Tickets are \$25, \$22 for seniors and \$10 for students, with advance purchase discounts available. www.jameslibrary.org or call 781-659-7100.



Studio Two

Enjoy a Beatles Weekend Extravaganza

WHEN: noon to 9:30 p.m. Saturday, Jan. 24 and noon to 6:30 p.m. Sunday, Jan. 25
WHERE: The Spire Center for Performing Arts, 25 1/2 Court St., Plymouth.
INFO: Walrus Gumboot, Studio Two (pictured), and the Oh No's are three of the bands scheduled to perform. Showings of Beatles feature films, documentaries, memorabilia concessions and more make for an exclusive weekend of reminiscing and entertainment. Tickets are \$20 for Saturday's events, \$15 for Sunday's events, or a two-day weekend pass for \$30. Tickets are now available. Advance purchases are recommended as seating is limited to capacity. For a schedule, more information, to order tickets online, visit www.spirecenter.org.



Company Theatre to feature 'The Bridgewater Triangle' documentary film

WHEN: 7:30 p.m. Tuesday, Jan. 27.
WHERE: The Company Theatre, 30 Accord Park Drive, Norwell.
INFO: Tickets are \$20. To order tickets, or for more information, visit www.companytheatre.com, call the box office at 781-871-2787, or email boxoffice@companytheatre.com. The box office is open Monday to Friday from 11 a.m. to 6 p.m., and during all performances. Free parking, handicap-accessible.

SATURDAY, JAN. 24

Family Arts Festival hosted by South Shore Conservatory from 10 to 11:30 a.m. at their Hingham campus, One Conservatory Drive and from 1:30 to 3 p.m. at their Duxbury campus, 64 St. George Street. Open to the public, this free event welcomes area families to spend time together exploring music, dance, drama and instruments. Admission to all activities is free. Families are welcome to tour the facilities, meet faculty and staff, and learn more about the broad range of programs offered for children of all ages and abilities. 781-749-7565, ext. 33, www.ssscmusic.org.

Sweet Relief Nursery and Preschool, 38 Summer St., Cohasset is hosting an open house from 10 a.m. to noon.

Mummers and the Paupers present "Songs of Twelfth Night" at Ventress Memorial Library, 15 Library Plaza, Marshfield, at 2 p.m. Free and open to the public. Handicapped accessible. Light refreshments served at post-concert social hour. 781-834-5535, www.ventresslibrary.org

Beatles Weekend Extravaganza, from noon to 10 p.m. at The Spire Center for Performing Arts, 25 1/2 Court St., Plymouth. Tickets are \$20 for Saturday's events, \$15 for Sunday's events, or a two-day weekend pass for \$30. For schedule, more information, to order tickets online, visit www.spirecenter.org.

Jazz drummer Yoron Israel performs with his quartet, High Standards at the James Library and center for the Arts, 25 West St., Norwell at 7:30 p.m. The evening will feature traditional and contemporary jazz. Tickets are \$25, \$22 for seniors and \$10 for students, with advance purchase discounts available. Advance purchase is suggested as seating is limited. Tickets are available at www.jameslibrary.org

Oklahoma! presented by The Academy of The Company Theatre (ACT) Teen Conservatory, 30 Accord Park Drive, Norwell at 7:30 p.m. Tickets are \$15 for students, \$17 for adults, or a complete performance schedule, to order tickets, or for more information, call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com.

Trivia Night for Scituate High School Basketball Boosters at 6:30 p.m. at St. Mary's of the Nativity's Great Hall in the Parish Center. The evening will be hosted by local trivia master Al Kazlousky and will feature a trivia competition, silent auction, raffle, appetizers and cash bar. Tickets are \$20 per person or \$150 for a team of 10 (paid in total). For tickets contact Marybeth O'Malley at mbomalley1@comcast.net or Anne Vegnani at avegnani@yahoo.com.

The Ultrasonic Rock Orchestra returns to The Norwood Theatre, 109 Central St., Norwood, at 8 p.m. Tickets are \$32 - \$35 for adults, \$29 - \$32 for seniors, and \$40 for premium seats. Buy tickets at www.norwoodstage.com, 781-551-9000 or at the box office Monday through Friday 10 a.m. to noon and 3 to 5 p.m.

Irish Seisiun at Mr. Dooley's, 9 Depot Court, Cohasset. 1 to 4 p.m. 781-383-3366.

Booty Vortex at C-Note, 159 Nantasket Avenue, Hull. 781-925-4300, www.cnotehull.com.

Trina Aitken at Surf Lounge, 45 Hull St., Hull. 8 p.m. 781-925-6606, www.paragongrill.com.

Ryan McHugh at Mr. Dooley's, 9 Depot Court, Cohasset. 9 p.m. 781-383-3366.

Max Courtney at Stars on Hingham Harbor, 2 Otis St., Route 3A, Hingham. 781-749-3200, www.starshingham.com.

The Eastwoods at Hajjar's, 969 Washington St., Weymouth. 781-340-1870, www.hajjars.net

Dan Gallagher Band at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Fat City Band at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361. 9 p.m.

Idle Rumors at The Great Chow, 497 Bedford St., Route 18, Abington. 781-871-8832, www.greatchow.com.

Colm O'Brien at The Banner Pub, 167 Union St., Rockland. 781-878-8717, www.thebannerpub.com.

The Convictions at Players Sports Bar & Grille, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com

The Toast at Damiens Pub, 279 Spring St., Hanson, 9 p.m. damienspub.com 781-447-6556.

Splash at McGuiggans Pub, 546 Washington St., Whitman, 9:30 p.m. 781-447-7333, www.mcguigganspub.com.

Gunpowder & Lead at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com.

Nico Rivers at The Tavern, One Proprietors Drive,

Marshfield. 781-837-0000.

Chuck Vermette at Wildflower Café & Tavern, 8 Chestnut St., Duxbury. 781-934-7814, www.wildflowercafe.us/

The Steve Tobias Band, featuring Paul Chambers on vocals, at the Royal Garden, 3 Tremont St., Kingston, 9 p.m.

Jason Cardinal's One Man Show at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

SUNDAY, JAN. 25

Rainforest Reptile Shows. Herpetologist, Michael Rabovsky, will bring alligators and crocodiles to the South Shore Natural Science Center, 48 Jacobs Lane, Norwell. Learn all about these scaly animals. Three shows: 11 a.m., 1 p.m. and 3 p.m. Tickets are \$7 members/ \$10 nonmembers. To purchase tickets, call 781-659-2559.

Meat Raffle Fundraiser to benefit the South Shore Children's Museum from 4 to 6 p.m. at The Tinker's Son, 707 Main St., Route 123 in Norwell. The raffle includes meat selections with some special Valentines Day and Super Bowl themed items, along with a 50/50 raffle round. Live entertainment will be provided by Matt Browne. Admission is free; food and drinks are available for purchase. All raffle proceeds benefit the South Shore Children's Museum in the Hanover Mall.

Beatles Weekend Extravaganza, from noon to 6 p.m. at The Spire Center for Performing Arts, 25 1/2 Court St., Plymouth. Tickets for Beatles Weekend Extravaganza are \$20 for Saturday's events, \$15 for Sunday's events, or a two-day weekend pass for \$30. For schedule, more information, visit www.spirecenter.org.

Saint Jerome School Open House from 11 a.m. to 1 p.m. Parents, students, and teachers will be available for school tours and answering questions. For information, call 781-335-1235 or go to <http://www.stjeromeschoolweymouth.org/>.

Oklahoma! presented by The Academy of The Company Theatre (ACT) Teen Conservatory, 30 Accord Park Drive, Norwell at 3 p.m. Tickets are \$15 for students, \$17 for adults. For a complete performance schedule, to order tickets call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com.

Bridgewater Family Dance Series, featuring folk, square, and contra dance, meets from 2 to 4 p.m. at the Bridgewater Senior Center, Wally Krueger Way, Bridgewater. Admission charge: \$3 per child, \$5 per adult, \$10 for a family, three or more. Contact Sam Baumgarten for more info: sbaumgarten@verizon.net or 774-208-2933.

Stump Trivia with Dan from 5:30 to 7:30 p.m. at The Tavern, One Proprietors Drive, Marshfield. 781-837-0000.

Beatles weekend Wrap Up Party featuring Walrus Gumboot, 6-8 p.m., upstairs, British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

Irish Session at 11 a.m. at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

Splash of Blues Jam from 4 to 8 p.m. at Players Sports Bar & Grille, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com.

Billy Downes at 4 p.m. at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

Nick Pangakis at 4 p.m. at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

MONDAY, JAN. 26

Jason Litchfield's Photography Collection "A Different City View" is a collection of photographs that were taken in Boston, Montreal and Quebec City. The photography collection will be on display in the Hingham Public Library's Clemens Gallery, 66 Leavitt St., Hingham through Jan. 29.

New Beginnings Singles Support Group, Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit <http://hbnorwell.org/>, email at info@hbnorwell.org or call 781-499-2659.

Bay Farm Montessori Academy, in Duxbury, will host an informative Montessori discussion for parents of toddlers to middle school students from 6:30-8:00 at the Plymouth Public Library, 132 South St., Plymouth. Open to all and free. For information, contact Sandy Kozlowsky at 781-934-7101 x38 or email: sandyk@bfarm.org. Visit www.bfarm.org.

TUESDAY, JAN. 27

The Bridgewater Triangle documentary film and

talk back, at 7:30 pm, at The Company Theatre, 30 Accord Park Drive, Norwell. Tickets are \$20. To order tickets, or for more information, visit www.companytheatre.com, call the box office at 781-871-2787, or email boxoffice@companytheatre.com.

Ballroom Dancing every Tuesday from 7:30 to 11 p.m. at The Viking Club, 410 Quincy Avenue, Route 53, Braintree. Live band. Singles and couples welcomed. Admission is \$10. 781-784-2678 or 781-335-3171.

South Shore Men of Harmony rehearse every Tuesday at Hingham Community Center, 70 South St., Hingham, from 7:30 to 10:30 p.m. 781-337-SING (7464). Information: 781-337-7464.

Open mike with Jackson Wetherbee at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361. 9 p.m.

Jazz at Martini's. Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. 774-773-9782 or www.martinisplymouth.com.

Irish Sessiun every Monday at 5:30 p.m. at The Snug, 116 North St., Hingham, 781-749-9774, www.thesnugpub.com.

Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

Irish Seisiun at McGuiggans Pub, 546 Washington St., Whitman, 7 p.m. 781-447-7333, www.mcguigganspub.com.

Dave Foley at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

WEDNESDAY, JAN. 28

Mammal Munchkins at the South Shore Natural Science Center, 48 Jacobs Lane, Norwell, every Wednesday for ages 1.5-3.5 years (with a caregiver), 9:45 to 10:45 a.m. Preregistration required. Fee: \$6 member, \$9 non-member per class. 781-659-2559 or www.southshorenaturalsciencescenter.org.

Waterwatch Lecture Series. The Coast Guard: A Century of Service on the South Shore, (speaker TBD). On Jan. 29, 1915, 100 years ago, the United States Life-Saving Service and the Revenue Cutter Service merged to form the United States Coast Guard, forever changing life along the South Shore. For the past century, the Coast Guard has played myriad roles on our coastline. Join in celebrating this centenary with a discussion of the service's local history and current missions. Admission is free. The lectures are at the South Shore Natural Science Center, 48 Jacobs Lane, Norwell at 7 p.m. every Wednesday night through March 18. www.nsrwa.org.

Rock n Roll Bingo with prizes at Hajjar's, 969 Washington St., Weymouth, 781-340-1870, www.hajjars.net

The Session every Wednesday at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361. 6 p.m.

You Don't Know Joe Trivia every Wednesday night at Damien's Pub, 279 Spring St., Hanson, 8 p.m. damienspub.com 781-447-6556.

Open mike with Mother Nature at The Banner Pub, 167 Union St., Rockland. 781-878-8717, www.thebannerpub.com.

Jason Cardinal at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit www.britishbeer.com.

Johnny Alves and Mark King at 8 p.m. at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Cadillac Walk original blues band, every Wednesday at Shanty Rose Pub, 16 Town Wharf, Plymouth.

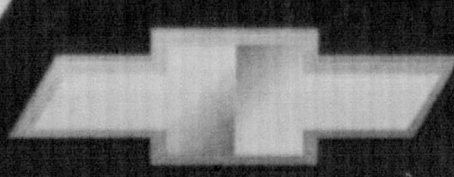
THURSDAY, JAN. 29

Nature's Music at South Shore Natural Science Center, 48 Jacobs Lane, Norwell, for ages 3.5 to 5 years every Thursday until Feb. 12 from 9:30 to 11 a.m. Preregistration required. Fee: \$80 member, \$100 non-member for the 6-week series. 781-659-2559 or www.southshorenaturalsciencescenter.org.

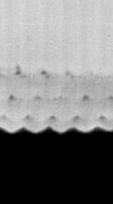
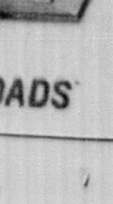
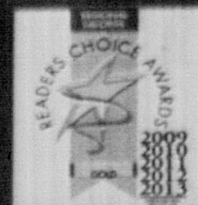
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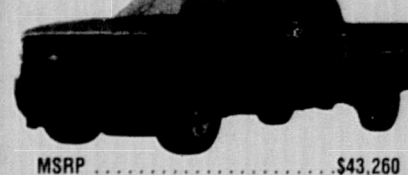


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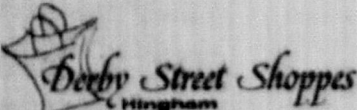
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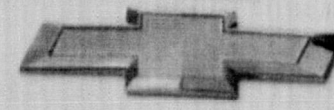
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